



Reading
Fluency
Builder

e-future

DISCOVERY

5.1

Word Count 160



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Food

Discover in Reading

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- **Why** should children eat breakfast?
- **How** do people eat French fries around the world?
- **What** happened around 10,000 BC?
- **How** do jellyfish eat?

Nature

Discover in Reading

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- **What** are oases?
- **How** do elephants express themselves?
- **What** are the features of rainforests?
- **How** are tornadoes and hurricanes different?

Art & Entertainment

Discover in Reading

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- **What** is a content creator?
- **How** did Mary Shelley write *Frankenstein*?
- **What** is AR art?
- **What** is it like to ride a roller coaster?

Earth & Beyond

Discover in Reading

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- **What** do paleontologists study?
- **Why** do earthquakes happen?
- **Why** are World Heritage Sites important?
- **What** are the planets like in our solar system?

Food



Discover

Why

Unit 1

Fueling Up

Discover

How

Unit 2

Fries around the World

Discover

What

Unit 3

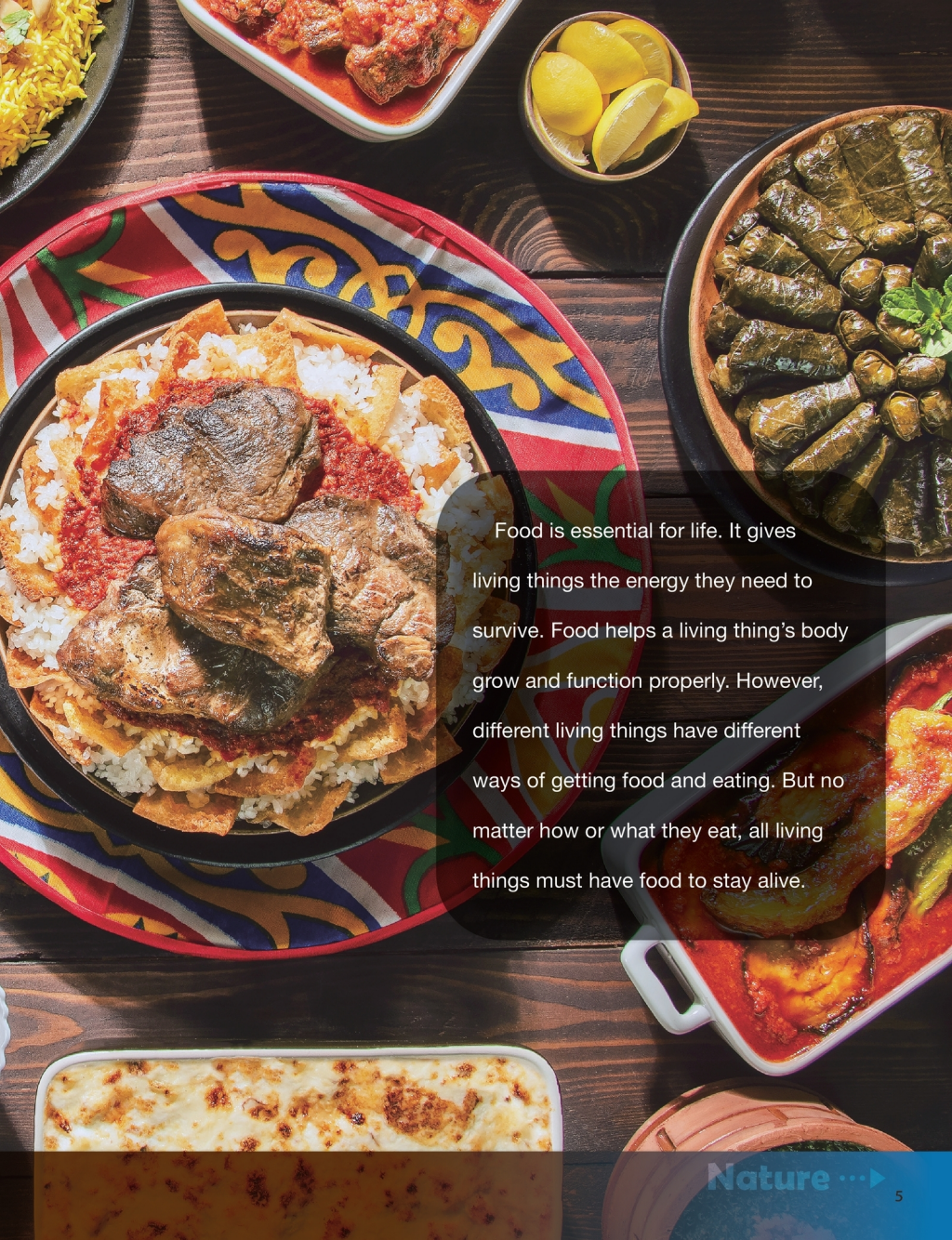
10,000 BC

Discover

How

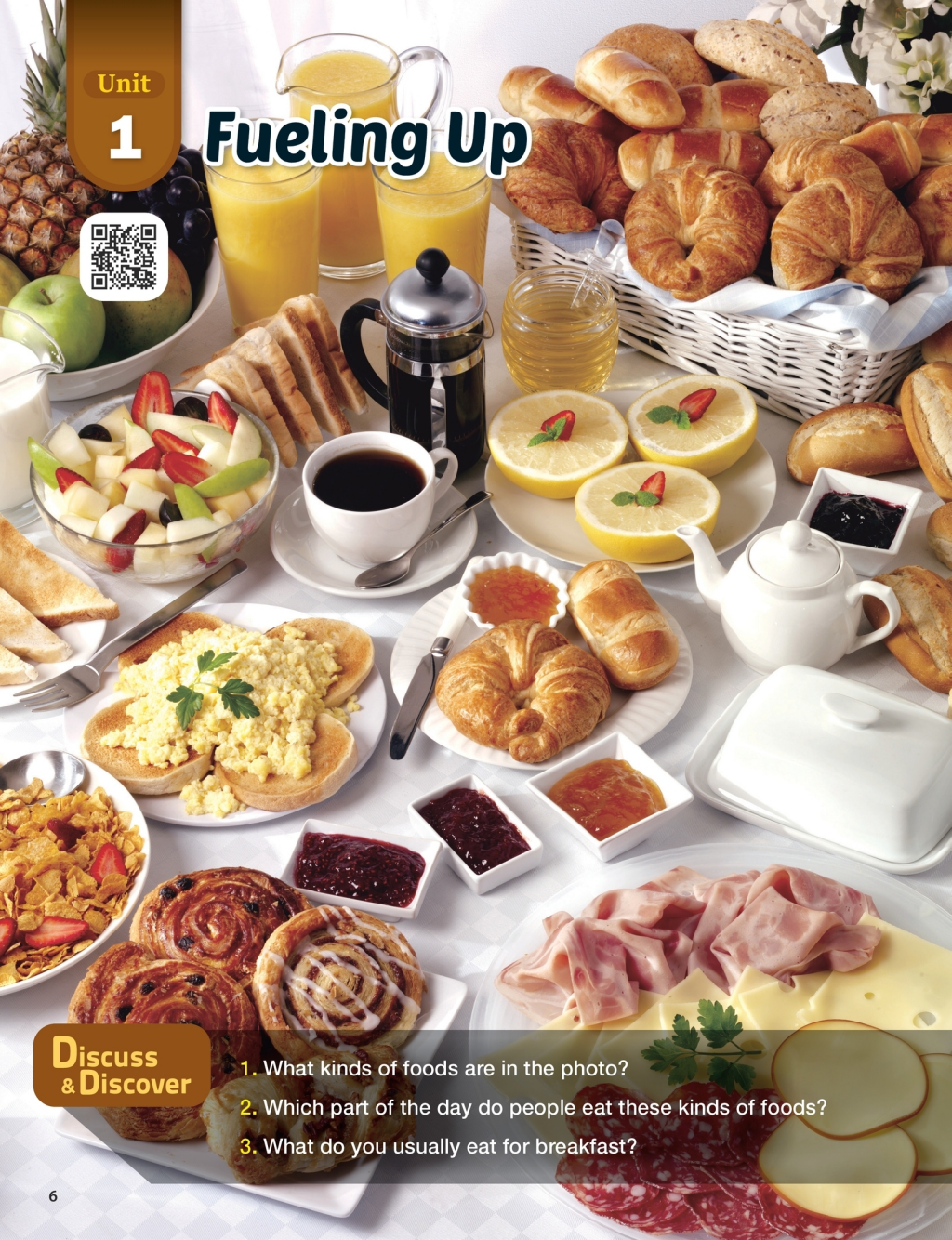
Unit 4

Special Eaters



Food is essential for life. It gives living things the energy they need to survive. Food helps a living thing's body grow and function properly. However, different living things have different ways of getting food and eating. But no matter how or what they eat, all living things must have food to stay alive.

Fueling Up



Discuss & Discover

1. What kinds of foods are in the photo?
2. Which part of the day do people eat these kinds of foods?
3. What do you usually eat for breakfast?

Key Words

A Listen and repeat the words. 01

- | | | | |
|-----------|-----------|--------|------------|
| 1 empty | 2 energy | 3 fuel | 4 habit |
| 5 improve | 6 prevent | 7 skip | 8 teenager |

B Choose and write the correct words from A.

- 1 _____: to choose not to do something
- 2 _____: to make or become better
- 3 _____: the power needed to move or do something
- 4 _____: an action that one does regularly
- 5 _____: something that can be used to make heat or power
- 6 _____: a person between the ages of 13 and 19
- 7 _____: not containing any people or things
- 8 _____: to stop something from happening

C Choose and complete the sentences.

empty

fuel

habit

teenager

- 1 I have a _____ of biting my nails. I want to stop doing it.
- 2 The backpack is _____. There is nothing in it.
- 3 The car is out of _____. Where is the nearest gas station?
- 4 Today is Sarah's 13th birthday. She is now a _____.

Fueling Up 02

Mornings are busy for everyone. You have to wash up, get dressed, and get to school on time. But do not **skip** breakfast. People say it is the most important meal of the day.

Breakfast gives your body **energy** to start a new day. You probably have not eaten anything since dinner the night before. That means your body has not received any **fuel** to make energy for about 12 hours. This is why you should not skip breakfast. Your body's fuel tank is **empty**. It needs to be filled again.



Discover in Reading

Why should children eat breakfast?

Eating breakfast is also a smart and healthy **habit**. Studies show that eating breakfast **improves** concentration and memory, especially in children and **teenagers**. So it helps you perform better at school. And eating breakfast **prevents** both unhealthy snacking before lunch and overeating during lunch.

Tomorrow morning, sit down and have a plate of scrambled eggs before school. Or if you are running late, grab a banana and have it on your way to school.



Check
Reading
Fluency

Reading Comprehension

● Choose the correct answers.

1 What is the passage mainly about?

- a what children eat for breakfast
- b why children should eat breakfast
- c what children do before breakfast

2 What is NOT true about breakfast?

- a Breakfast gives your body energy to start a new day.
- b Eating breakfast improves your concentration and memory.
- c If you eat breakfast, you will overeat during lunch.

3 What does eating breakfast prevent you from doing?

- a getting to school on time
- b eating unhealthy snacks before lunch
- c concentrating on your studies during class

4 What is true according to the passage?

- a A banana is not a good food to eat for breakfast.
- b Children who eat breakfast perform better at school.
- c Everyone has time to eat breakfast in the morning.

Think & Write

1 Why do some people skip breakfast?

Because _____.

2 Why is it important to eat breakfast?

Because _____.

Graphic Organizer & Summary

A Complete the chart.

Why Should Children Eat Breakfast?

Breakfast is a healthy habit.

- It provides _____¹ to start a new day.
- It prevents _____² snacking before lunch.
- It prevents _____³ during lunch.

Breakfast is a smart habit.

- It improves children's _____⁴ and memory.
- It helps them _____⁵ better at school.

concentration energy overeating perform unhealthy

B Complete the summary.

Breakfast is very _____¹. People should not skip it. Breakfast is the _____² you need to make energy at the start of the day. Eating breakfast helps _____³ concentration and memory, especially in children and teenagers. It also prevents unhealthy _____⁴ before lunch and overeating during lunch. So tomorrow morning, make sure you eat _____⁵ before school.

breakfast fuel important improve snacking