

OXFORD

ANNETTE FLAVEL

Blue Dot



3

Workbook



ANNETTE FLAVEL

Blue Dot

3

Workbook

1	What can we do to help our well-being?	2	11	Why do we need order?	92
2	How can we help the well-being of others?.....	11	12	How can order help us?	101
3	How can we improve our well-being?.....	20	13	How can things with the same function be different?.....	110
4	Why do people cooperate?	29	14	What can have different functions?.....	119
5	How do members of a group cooperate?.....	38	15	How can people improve an object's function?.....	128
6	What can happen when people cooperate globally?	47	16	Why do living things need energy?	137
7	What effects can our choices have?.....	56	17	How does energy affect people's lives?	146
8	Who can affect our choices?	65	18	How can we use energy responsibly?	155
9	How can we change our habits?.....	74		Grammar Reference	164
10	Where can we see order in the natural world?	83		Writing Resource	174



1

What can we do to help our well-being?

Vocabulary 1

A Complete the sentences.

take a picture ill curry travel ~~patient~~



1 The doctor is checking on her patient.



2 Can we have vegetable _____ for dinner?



3 I don't feel well today. I'm _____.



4 I like to _____ around the world.



5 Let's _____ together.

B Unscramble the words in parentheses to complete the conversation.

Ji-hu: I want to try something new. How do you stay ¹ active (taciev)?

Briana: I like to swim and do ² y (ogya). Both help me feel better when I am ³ s (seserdt). How about you?

Ji-hu: I do a lot of outdoor sports. Sometimes, I go ⁴ h (khangi) in the ⁵ m (miotasnun).

Briana: I have an idea. Let's do these activities together!

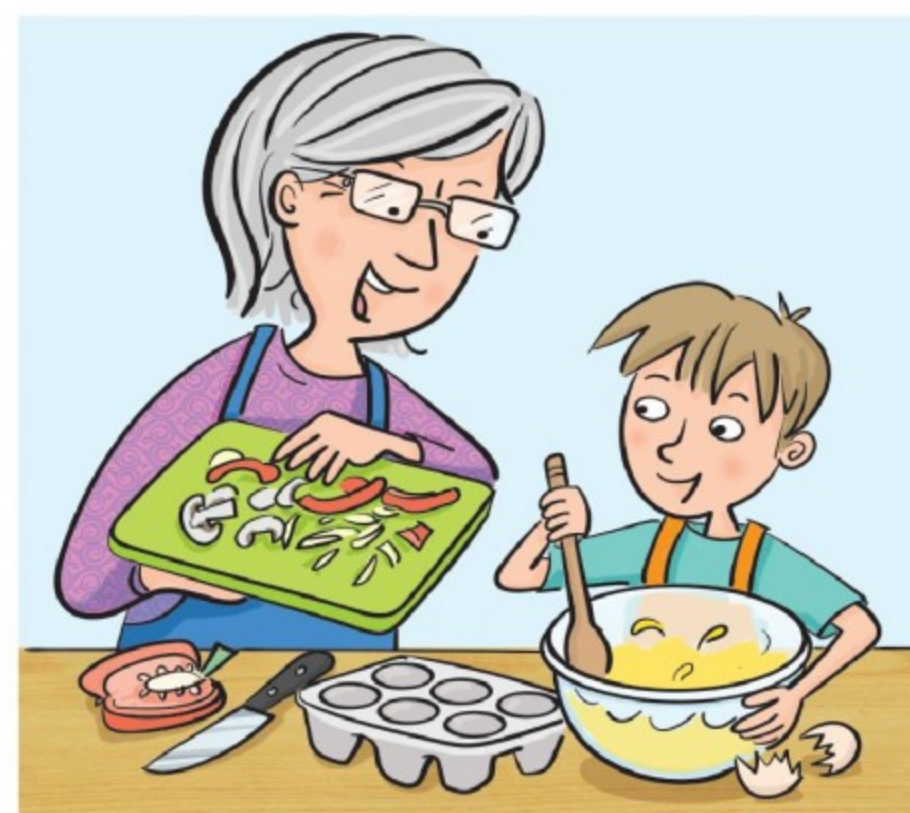


A Complete the chart.

Add -ing	Double the final letter and add -ing	Drop the -e and add -ing
be → <u>being</u>	run → <u>running</u>	take → <u>taking</u>
cook → _____	swim → _____	dance → _____
go → _____	stop → _____	hike → _____
play → _____	dig → _____	smile → _____

B Circle the correct option.

- 1 He enjoys **cooked** / **cooking** with his grandma.
- 2 I enjoy **swim** / **swimming** in the pool on a sunny day.
- 3 Alicia goes **running** / **run** every morning. She likes **be** / **being** active.
- 4 On the weekend, we like **dancing** / **dance** together.
- 5 I like **go** / **going** to my cousins' house. We have a lot of fun.



C Complete the sentences. Use the gerund form of the verbs.

hike spend help ~~play~~ talk

- 1 They like playing basketball together after school.
- 2 _____ patients is a doctor's job.
- 3 I enjoy _____ time with my friends on the weekend.
- 4 _____ in the mountains is good exercise.
- 5 My grandma likes _____ with her friends on the phone.



D Circle the correct answer.



- 1 A: Do you like sleeping late on Saturday?
B: **Yes, I do.** / **No, I don't.**



- 2 A: Do they like singing and dancing?
B: **Yes, they do.** / **No, they don't.**



- 3 A: Does he like hiking?
B: **Yes, he does.** / **No, he doesn't.**



- 4 A: Does she enjoy spending time with her grandparents?
B: **Yes, she does.** / **No, she doesn't.**

E Unscramble the questions.

- 1 hugging / does / help / ? / our emotions / How
How does hugging help our emotions?
- 2 singing and dancing / Why / love / do / ? / you

- 3 fresh air / ? / feel good / breathing / Why / does

- 4 How / doing yoga / ? / help / does / you



What do you enjoy doing on Saturdays?

A Read the interview. What does Alana do to help her well-being?

Cousin Time!

A student interviews her older cousin about well-being.

Lina and Alana, USA

Lina: Alana, that was an amazing game! You're really good at playing tennis.

Alana: Hi, Prima! Thank you for coming.

Lina: Can I interview you for my school project?

Alana: Yes, of course. What do you want to know?

Lina: What do you do to help your well-being?



Prima = Cousin



Alana: Well, playing tennis is great for my well-being. I practice a lot.

Lina: What other things do you do to help your well-being?

Alana: I love spending time with my friends. We like dancing together, and sometimes we go hiking. It helps when we're feeling stressed. I also like cooking. Preparing and eating healthy foods makes me feel good.

Lina: What's your favorite food?

Alana: I like vegetable curry. You like my curry, too, don't you?

Lina: I love it! You're a great cook.

Alana: Thank you!

Lina: Why is well-being important to you?

Alana: I want everyone to be happy and healthy.

Lina: Is that why you're studying to be a doctor?

Alana: Yes, exactly! I want all my patients to live long, happy, healthy lives.

Lina: That's a good plan. Does anything else help your well-being?

Alana: I sit and study every day, so I need to make sure I am active, too. I always do my homework, but I take time to do things I enjoy. I have tennis practice four times a week, and I also do yoga on Sunday mornings.

Lina: Thank you for the interview! I think you have a good life now, and I know you will be a great doctor. You care about everyone's well-being. I want to be just like you!



B Underline these words in the text.

hiking stressed curry patients active yoga

C Read the sentences. Circle *Fact* or *Opinion*.

- | | | |
|--|-------------|----------------|
| 1 Lina interviews her cousin for a school project. | Fact | Opinion |
| 2 Alana is studying to be a doctor. | Fact | Opinion |
| 3 Alana's favorite food is vegetable curry. | Fact | Opinion |
| 4 Lina thinks Alana is a great cook. | Fact | Opinion |
| 5 Lina thinks Alana will be a good doctor. | Fact | Opinion |
| 6 Alana goes to tennis practice four times a week. | Fact | Opinion |

D Check (✓) the things Alana does to help her well-being.

- | | |
|--|--|
| 1 <input type="checkbox"/> She plays tennis. | 4 <input type="checkbox"/> She plays video games. |
| 2 <input type="checkbox"/> She plays basketball. | 5 <input type="checkbox"/> She spends time with friends. |
| 3 <input type="checkbox"/> She does yoga. | 6 <input type="checkbox"/> She cooks healthy meals. |

A Read and choose the correct option.



I'm Chef Carla! Welcome to my kitchen. Today, I'm cooking ¹ **corn** / **beans** / **broccoli**. This vegetable has a lot of ² **vitamins and minerals** / **bones** / **grains**. It gives me strong ³ **protein** / **corn** / **muscles**.

Now, let's go to my garden. I enjoy growing my own vegetables. This yellow one is ⁴ **protein** / **broccoli** / **corn**. You can see the plants behind me. There are also ⁵ **bean** / **grain** / **vitamin and mineral** plants.



Here we are at the supermarket. We need tortillas and rice for dinner tonight. They're both ⁶ **grains** / **muscles** / **beans**. I'm also buying eggs and fish for tomorrow. They have a lot of ⁷ **protein** / **corn** / **grains**. We need some milk, too. Milk is good for your ⁸ **beans** / **bones** / **broccoli**.

B Two of the three options are correct. Cross out (X) the wrong option.

- | | | | |
|--------------------------------|-------------------------|----------|-------------------|
| 1 You can eat these. | a broccoli | b corn | c bone |
| 2 These are part of your body. | a muscle | b bone | c beans |
| 3 These are food groups. | a vitamins and minerals | b grains | c protein |

A Match the sentences to the pictures.

1 I like to lie down in the sun and relax.

2 Don't be scared. You can do it. Be brave!

3 Before I draw a picture, I try to imagine it.

4 Sometimes, when I can't do what I want, I feel angry.

5 This math test was hard, but I studied a lot!

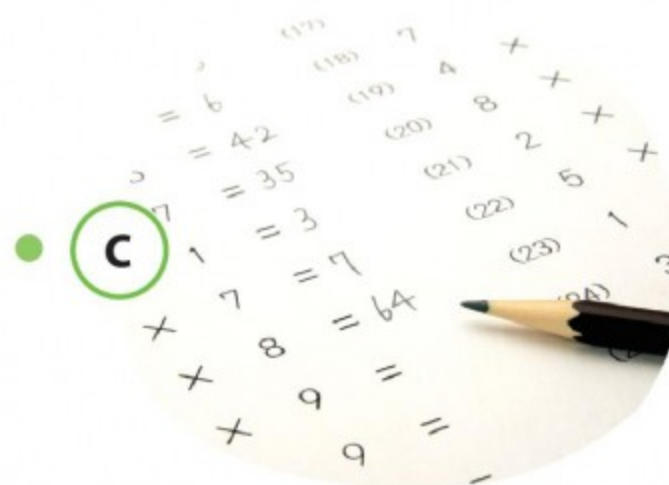
6 What are you worried about?



a



b



c



d



e



f

B Circle the correct option.

Avril: I had a math ¹ **test** / **imagine** today.

Karim: Really? How was it?

Avril: Before the test, I was ² **angry** / **worried**. But it was easy!

Karim: That's great! Now you can ³ **relax** / **imagine**.



What do you do to relax?

A Complete the dialogues with *who, what, when, where, or why*.

1 A: _____ do you talk to
when you have a problem?

B: My mom.

2 A: _____ do you eat to
stay healthy?

B: I eat fruits and vegetables.

3 A: _____ do you do yoga?

B: Because it helps me relax.

4 A: _____ do you play basketball?

B: In the park.

5 A: _____ do you wake up in the morning?

B: At 6:00 a.m.



B Unscramble the questions.

1 Where / on weekdays / eat lunch / ? / do you

2 to talk to / ? / on the phone / do you / Who / like

3 worried / ? / What / feel / makes you

4 do you go / to sleep / ? / When / at night

5 don't / you / eat meat / Why / ?

C Write questions with *who, what, when, where, or why* in your notebook.

Then ask your partner.



Who...

Where...

What...

Why...

When...

A Circle the correct option.

- 1 Fruits and vegetables have lots of **bones** / **vitamins and minerals** / **mountains** in them.
- 2 Brenda feels **active** / **protein** / **ill**. She's very tired and warm.
- 3 Sometimes I'm happy, and sometimes I'm sad. I have many **beans** / **bones** / **emotions**.
- 4 Ilian has a lot of homework, so he feels **stressed** / **relaxed** / **imagine**.
- 5 My aunt and I went to a **test** / **curry** / **yoga** class in the park last Saturday.
- 6 Take some deep breaths and **relax** / **angry** / **muscle**. Everything will be OK.
- 7 Chicken, eggs, and fish all have a lot of **grains** / **worried** / **protein**.
- 8 Think of a happy place. What do you **relax** / **imagine** / **hiking**?



B Complete the sentences. Use the gerund form of the verbs.

watch eat hike play sing swim

- 1 They enjoy _____ in the mountains.
- 2 He doesn't like _____ in the ocean.
He prefers the pool.
- 3 We like _____ vegetable curry at that Indian restaurant.
- 4 My brother and I like _____ funny cartoons.
- 5 When I'm sad, I love _____ happy songs.
- 6 My sister enjoys _____ tennis.



Unit 1 and Me

How hard I worked



Did I reach my goal?



One thing I learned is _____.

My goal for Unit 2 is _____.



2

How can we help the well-being of others?

Vocabulary 1

A Match the sentences to the pictures.

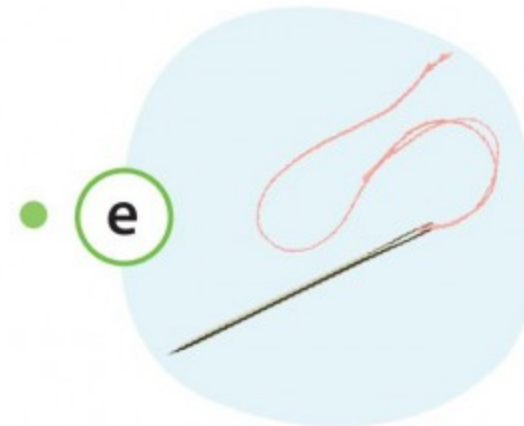
1 My little brother likes playing with his friends in kindergarten.

2 Juno enjoys sewing doll clothes.

3 Lila won the karate competition. She's really proud.

4 Can you hand out the worksheets, please?

5 This is a very thin needle.



B Complete the paragraph.

message bookmark nursing home picture book blanket

Every afternoon, Angela reads a ¹ _____ to her little brother, Allen. They sit under a warm ² _____ on the sofa and look at the book together. Next week, they are going to visit their grandfather, Sergio. Grandpa Sergio lives in a ³ _____ with other older people because he needs special help. Today, Grandpa Sergio sent them a ⁴ _____. It said, "I can't wait to see you! Bring a book, so we can read together." Angela chose a book to bring, and Allen is going to give Grandpa Sergio a ⁵ _____ he made in kindergarten.



A Complete the sentences with *can* or *can't*.



1 He _____ read well. He likes books about science.



2 She _____ climb the wall yet, but she's learning.



3 They _____ play tennis well. They practice a lot!



4 I _____ play soccer with you today. I'm ill.

B Match the sentence halves.

1 Josie could ride a bike ...

2 You couldn't walk ...

3 When I was in kindergarten, ...

4 My friend couldn't ...

5 My sister couldn't drive ...

6 Oscar could talk ...

a when she was 10.

b sleep last night.

c when he was two.

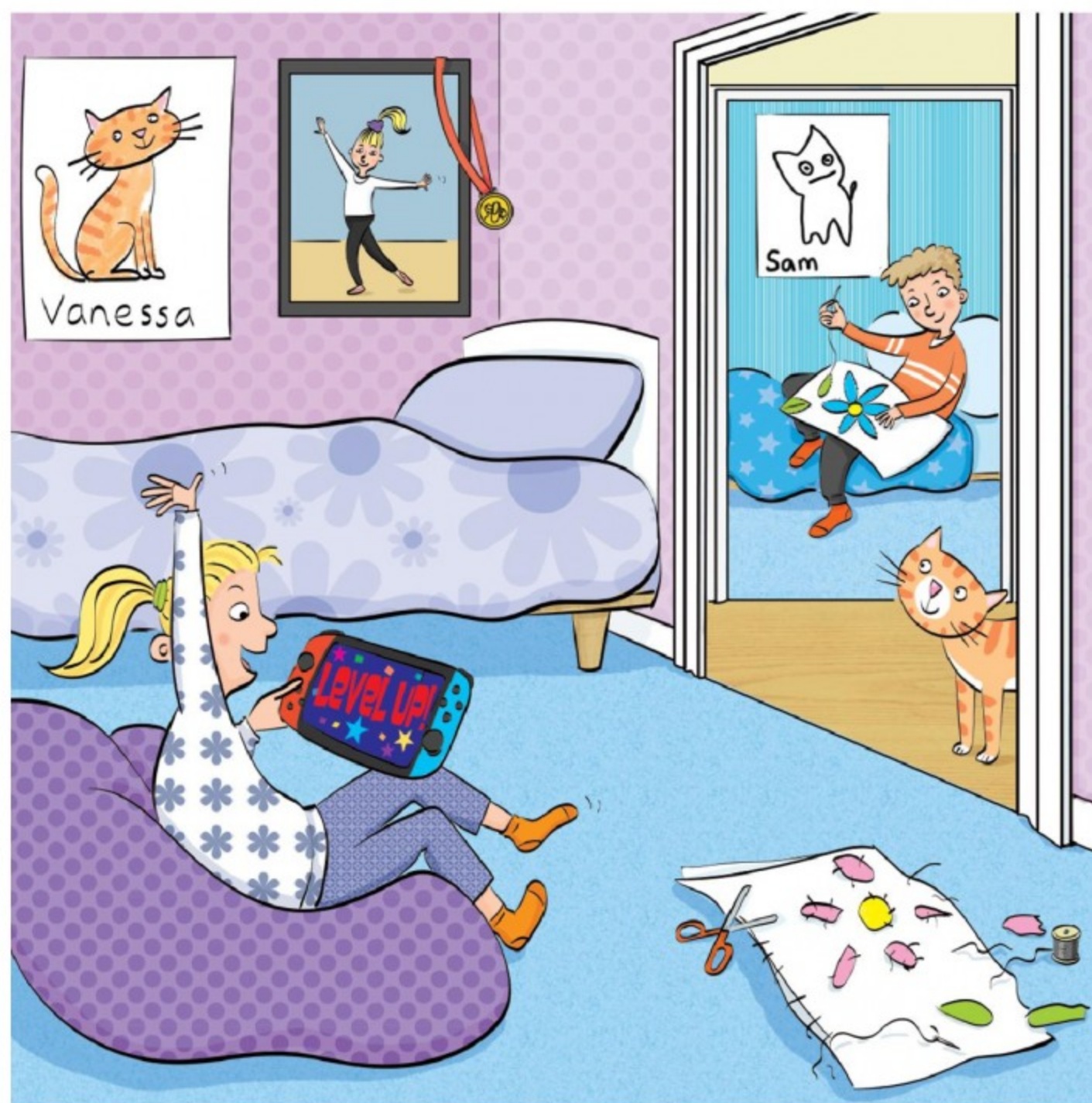
d when she was seven.

e I couldn't write.

f when you were a baby.

C Circle the correct answer.

- 1 Can Vanessa play video games?
Yes, she can. / No, she can't.
- 2 Can she draw?
Yes, she can. / No, she can't.
- 3 Can she dance well?
Yes, she can. / No, she can't.
- 4 Can she sew?
Yes, she can. / No, she can't.
- 5 Can Sam sew?
Yes, he can. / No, he can't.
- 6 Can he draw well?
Yes, he can. / No, he can't.



D Complete the dialogues with *can*, *can't*, *could*, or *couldn't*.



- 1 A: Two years ago, I _____ swim.
B: _____ you swim now?
A: Yes, I _____.



- 2 A: _____ you play the guitar last year?
B: No, I _____.
A: _____ you play the guitar now?
B: No, I _____. But I still want to learn!



- 3 A: When my brother was one, he _____ walk.
B: _____ he walk now?
A: Yes, he _____. He can run and jump, too!



What can you do now? Could you do it two years ago?

A Read the article. How are the children similar?

HOW WE HELP

Helping can make us feel happy.
Here's how some friends around the world help in their communities.

Luis and his classmates live in Lima, Peru. Every year, they bring books to another school in the neighborhood. They bring storybooks for the older students and picture books for the kindergarten children. They make a bookmark to go with each book. Luis loves handing out new books to the students. Then they all have a reading party. Everyone at the school has a new book to read!



Emma visits her grandfather every week. He lives in a nursing home in Munich, Germany. Every September, Emma and her friends make cards for Grandparents' Day. Some people in the nursing home live far from their grandchildren. Their grandchildren rarely visit them. Emma and her friends make cards for these grandparents, too!

Some of the people in the nursing home can sew well. This week, they are sewing small bags for Emma and her friends. They want to say "thank you" for the cards on Grandparents' Day.



Aiden, his mom, and his sisters Olivia and Isabella live in South Carolina, USA. After school, they sometimes volunteer at an animal shelter. They all like helping the animals. There are some kittens at the shelter now. They don't have a home yet. The kittens enjoy playing, and they get hungry often. Aiden and his sisters give the kittens food. His mom washes their blankets. Then they take photos of the kittens playing. The pictures go on the shelter's website to help the kittens find homes. It feels good to help.



B Underline these words in the text.

picture books kindergarten bookmark
handing out nursing home sew blankets

C Circle the correct answer.

- 1 Who do Luis and his classmates help? **grandparents / animals / other children**
- 2 What do Luis and his friends make? **blankets / bookmarks / cards**
- 3 What do Emma and her friends give the grandparents? **bags / letters / cards**
- 4 What do some grandparents give Emma and her friends? **hats / bags / blankets**
- 5 Where do Aiden and his family help the kittens? **a shelter / a park / a school**
- 6 Who do they go there with? **Olivia's dad / Aiden's mom / Luis and his classmates**

D Match to complete the main ideas.

- | | | |
|---------------------------------|------------------------|-----------------------------|
| 1 Luis and his friends help ... | • with the animals ... | • at the nursing home. |
| 2 Emma and her friends help ... | • with books ... | • at the elementary school. |
| 3 Aiden and his family help ... | • with cards ... | • at the animal shelter. |

A Number the pictures to match the sentences.

- 1 Aunt Teresa is a firefighter.
- 2 Please fill this pot with water.
- 3 Jordana can juggle really well.
- 4 My friends really like making crafts.

**B** Complete the conversation.

fit band volunteer crafts sign up



Ms. Best: Hi! I'm a ¹ _____ here. Can I help you?

Jim: Yes, thank you. Where can I ² _____ for the fun run?

Ms. Best: Right here. I can help you.

Jim: Oh, great! I run every afternoon, so I'm ³ _____.

Ms. Best: You'll do great! After the fun run, there's a festival. You can listen to the ⁴ _____ and make some ⁵ _____, too.

Jim: Thanks! That sounds like fun!