



Unit 3: International Food

1. International Food Vocabulary:

		
curry	dumplings	fish and chips
		
kebabs	noodles	paella
		
rice and beans	stew	sushi
		
tacos		



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2. Grammar:

Object Pronouns

- **Him:** Used to refer to a male.
 - Example: I saw *him* yesterday.
- **Her:** Used to refer to a female.
 - Example: She gave the book to *her*.
- **Them:** Used to refer to a group of people or things.
 - Example: I like *them* very much.

Infinitives

- An infinitive is the base form of a verb, usually preceded by "to."
 - Example: I want *to eat* pizza.

Combining Pronouns and Infinitives

- We can use pronouns and infinitives together in sentences.
 - Example: I want *him to study* hard.

3. Why is it important to drink water?

Water is essential for our bodies to function properly. It helps us in many ways, including:

- **Keeping our blood healthy:** Our blood needs water to carry nutrients and oxygen to all parts of our body.
- **Helping our brains work:** Water helps our brains to think clearly and focus.
- **Keeping our skin healthy:** Water helps our skin to stay hydrated and look its best.
- **Helping us sweat:** When we exercise or play outside, we sweat to cool down. Water helps us to replace the fluids we lose through sweat.

How much water should we drink?

It is recommended that children drink at least 8 glasses of water per day.