

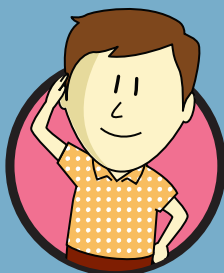


Can Do

6

Primary

Student Book



Unit 10 Too Much of Anything Is Bad

A Pre-reading Activity

1. Discuss with your friends how often you use a computer and for how long, each time.

B Reading Activity

1. Listen and read. 

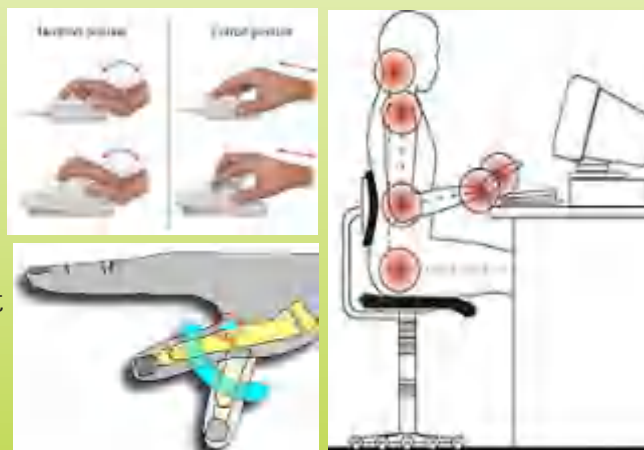
Too Much of Anything Is Bad

'Patrick! Dinner's ready!' called mum from the kitchen. 'Just a minute, Mum,' Patrick answered from his room. 'How annoying!' shouted his mum crossly. 'You said that an hour ago. Get off the computer and come down now. Do you hear me?'

Does this tend to happen in your house? It seems to be a typical scene in many households nowadays where children and their computers are almost inseparable. Although computers can be a great source of knowledge and entertainment, they can also damage your health. A recent study conducted by the National Eye Institute of the United States stated that nearly 60% of American children over the age of twelve years suffered from short-sightedness. It is proven that children using computers for more than three hours a day are likely to have eye problems.

Additionally, staring extensively at a computer screen for many hours can cause Computer Vision Syndrome (CVS). CVS is a collection of eye-related problems, and their symptoms include headaches, neck pain, and dry eyes. It's estimated that 90% of computer users that spend more than three hours a day staring at the screen are likely to suffer from it.

Another common computer-related illness is Repetitive Strain Injury (RSI). RSIs occur when parts of the body are damaged by using the same muscles repeatedly. Pressing the thumb against a gamepad can lead to 'Gamer's Thumb'. When this occurs, the thumb swells up and becomes painful. Some people cannot spread out their fingers properly due to poor blood circulation problems or strain on the hand and wrist muscles. A few may end up having their fingers amputated if the condition persists!



Doctors suggest that children should not spend more than an hour a day on a computer, and the screen should be as bright as the lighting in the room. They should sit comfortably at a computer desk with the screen at least 45 centimetres away. Most importantly, they should remember to take a 20-second break every 20 minutes while using the computer.



Remember computers have only been around for the last thirty years. The long-term health effects from them are only just coming to light. So bear in mind, too much time spent on a computer can be bad for your health.

C Post-reading Activities

1. Tick ✓ the correct answer.

1. The thumb swells up and becomes painful.

Computer Vision Syndrome Gamer's Thumb

2. It's caused by blood circulation problems and straining the hand and wrist muscles.

Repetitive Strain Injuries Computer Vision Syndrome

3. The symptoms include headaches, neck pain, and dry eyes.

Gamer's Thumb Computer Vision Syndrome

4. It occurs when parts of the body are damaged by using the same muscles repeatedly.

Repetitive Strain Injuries Computer Vision Syndrome

2. Complete the sentences, using the given numbers.

30

45

20

90

60

1. Computer users should sit at least _____ centimetres from the screen.

2. Computers have only been used for about _____ years.

3. Nearly _____ % of American children suffer from short-sightedness.

4. Around _____ % of computer users spend more than three hours a day using them.

5. Remember to take a break every _____ minutes when using a computer.

D Vocabulary

Learning Box



Happen, occur, take place

The words **happen**, **occur**, and **take place** have a similar meaning and are often interchangeable.

Example: The accident **happened/occurred/took place** outside the school yesterday.

1. Listen and fill in the missing words.



happening

occur

take place (2)

happen

St. Patrick's Day is a very popular cultural and religious festival. The biggest celebrations usually _____ in Dublin, Ireland, but there are plenty of other St. Patrick's Day parties that _____ around the world. This year's St. Patrick's Day Parade in London will _____ on Sunday 17th March and will feature colourful floats and marching bands. In Australia, Sydney will host an annual parade and family day out. This year's celebrations are extra special as its annual citizenship ceremony will _____ at the same time. In Japan, Tokyo, you'll find plenty of things _____ around the city, from marching bands and colourful costumes to spectacular floats. Wherever you are, have fun!

Learning Box

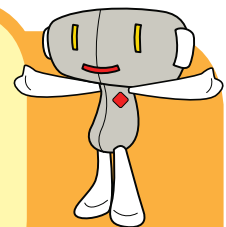
Tend to / be likely to

Tend to or **be likely to** means something will probably happen.

Tend to is used when something is done, while **be likely to** is used when we predict that something will happen in a particular situation.

Example: Jake **tends to** do his homework straight after school.

Melanie **is likely to** leave school early today.



2. In pairs: ask and answer.

Example: tend not to / practise enough

Why does our football team always lose?



We **tend not to practise enough**.



tend to
are likely to

not practise
prefer computer games
have a bad coach

tend not to
are not likely to

practise enough
turn up on time
be fit enough



Verb to suggest

1. **Suggest** that someone do something
Example: Our teacher **suggested** that we go on a trip.
2. **Suggest** doing something
Example: Our teacher **suggested** taking a trip.
3. **Suggest** something
Example: Our teacher **suggested** a trip.

1. Finish these sentences as above.

a) read a good book

1. Hilary suggests that I read a good book.

2. Hilary suggests _____.

3. Hilary suggests _____.

b) do more exercise

1. The doctor suggested that I do more exercise.

2. The doctor suggested _____.

3. The doctor suggested _____.



Gerund

A **gerund** is made from a verb by adding **-ing** and can be used as a noun.
Example: **Cooking** is great fun.

2. Underline the gerund.

1. Swimming is good for your health.
2. Painting is Sandy's favourite pastime.
3. Tim's father enjoys driving a sports car.
4. Singing is all she wants to do.
5. Sleeping is good for you.



Sound and Spelling

Spelling Guide

Words ending with **ck, sk, lk, and rk**

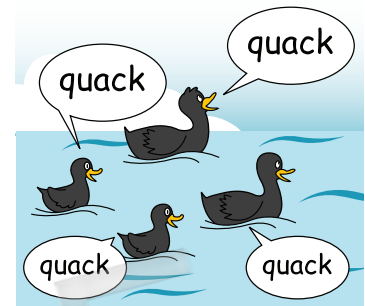


Ending with	Examples
ck	black, check, trick, flock, duck, quack
sk	mask, desk, risk, kiosk, dusk, whisk
lk	chalk, elk, milk, folk, bulk, silk
rk	shark, pork, dark, bark

1. Listen and say.



- The **flock** of **black ducks** **quacked** noisily.
- At **dusk**, in the **kiosk** the **mask** lay on the **desk**.
- The **elk** produced **milk** for the **bulk** of the **folks** in town.
- The **shark** began to **bark** after eating **pork**.



2. Circle the words with the same ending sound.



- pork risk bark fork check
- mask desk whisk trick black
- silk milk bulk talk dusk

3. Listen and write **ck, sk, lk, or rk**.



flo _____



whi _____



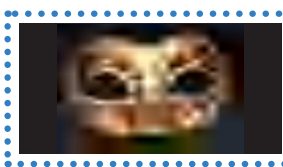
cha _____



sha _____



sti _____



ma _____



si _____



po _____

Making a list

Making a list is an easy way to organise main ideas when writing. Before you begin to write, make a list of any ideas you have.

Example:

My First Ride on a Plane

1. Taking off was the most exciting moment.
2. I was able to see lots of clouds in the sky.
3. I had to listen to the emergency procedures and safety rules.
4. I had my first in-flight meal.

1. Make a list for this story.



In my free time, I love to cook for my friends. However, shopping for ingredients can take up quite a lot of time. There are some fantastic food markets to walk around and there are so many unusual things to buy. As a result, my friends get to taste some pretty interesting food.

1. _____
2. _____
3. _____
4. _____

2. Make a list about what you do in your free time. Add as much information as you can.

My Free Time

- a. _____
- b. _____
- c. _____
- d. _____

Test Your Skills

1. Read the label and fill in the blanks.



Nutrition Facts	
Serving Size 1oz (28g/About 20 Chips)	
Calories 120	Calories from Fat 35
% Daily Value*	
Total Fat 4 g	6%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 290mg	12%
Total Carbohydrate 20g	7%

Nutrition Facts - More >>

- Product name _____
- Amount of calories _____
- Amount of sodium _____
- Use-by date _____
- Serving size _____

2. Match the sentences.

- | | | | |
|---------------------------|---|---|----------------------------------|
| 1. I'm all dirty. | • | • | Have you been exercising? |
| 2. Her eyes are red. | • | • | You've been studying too much. |
| 3. You look healthy. | • | • | Has she been crying? |
| 4. He's already here. | • | • | I've been digging in the garden. |
| 5. Something smells nice. | • | • | He's been waiting for you. |
| 6. You look tired. | • | • | Have you been baking? |

3. Fill in the blanks using **either** and **or**.

- Well, you _____ win _____ lose.
- _____ sit down _____ leave. It's up to you.
- We can sit at the desk _____ table. _____ is okay.
- I didn't enjoy _____ of those films.
- Mandy owns _____ a mouse _____ a hamster.

4. Tick ✓ the correct answer.

1. He _____ call on his friend on his way home.
 is likely to tend to
2. I'm meeting her later, but she _____ be upset.
 is likely to tend to
3. We _____ go to the cinema on Saturday mornings.
 is likely to tend to
4. I'm bad at directions, I _____ get lost a lot.
 tend to is likely to
5. If you don't study hard enough, you _____ fail.
 are likely to tends to

5. Underline the correct answer.

1. May's learning **playing** / **to play** the violin.
2. I don't feel like **going** / **to go** out today.
3. My Gran's afraid of **flying** / **to fly** to France.
4. She helped me **understanding** / **to understand** the instructions.
5. I would love **coming** / **to come** to the game with them.

6. Fill in the blanks.

stall
vending machine

convenience shop
calorie

diet
nutritious



A doctor recently suggested to Sam that he needed to be more careful about his _____. He was surprised because he usually watched his _____ in-take and thought he ate a _____ diet. Walking down the street, he stopped at a _____ to buy a fizzy drink, he was about to put his money in the slot when he realised that it wasn't really very good for him. Turning around, he spotted a market _____ selling fresh juices and ordered one instead. On his way home, he stopped at his local _____ to pick something up for dinner.