

Level

6

BOOK 1

Benchmark

ENGLISH™

ORGANIC  
EGG

"LEMON"

FRESH  
RADISH

BEETROOT





# Benchmark ENGLISH™

Level 6

Book 1



# Introduction

## Get Ready

This section introduces the content of the unit with a related picture and a question to stimulate learners' interest.

## Big Idea

This section introduces the core concepts or prior knowledge relevant to the topic of the unit.

**1 Healthy Eating**

**Key Words**

**A Listen and read the words.**

dietary, determine, nutrient, regulate, carbohydrate, balanced, ingredient, food label, function, digestion

**B Write the correct words for the definitions.**

1. \_\_\_\_\_ : adj. having all elements in the appropriate amounts
2. \_\_\_\_\_ : v. to run, work, or operate, especially in a normal way
3. \_\_\_\_\_ : n. something in food that people need to live and grow
4. \_\_\_\_\_ : v. to find out or discover the facts about something
5. \_\_\_\_\_ : n. a piece of paper that gives information about food
6. \_\_\_\_\_ : v. to control the speed, temperature, and so on of a machine or your body
7. \_\_\_\_\_ : n. one of the foods that you use to make a particular meal
8. \_\_\_\_\_ : adj. relating to the food someone eats
9. \_\_\_\_\_ : n. a substance in food such as rice, bread, potatoes, and so on
10. \_\_\_\_\_ : n. the process of changing food in the stomach into substances your body can use

**MEAL PLAN**

	BREAKFAST	LUNCH
DAY 1		
DAY 2		
DAY 3		

**Get Ready**  
If you ate a healthy breakfast, what would you eat?

**Food for Health**  
Eating well does not have to be complicated. If you eat a balanced diet, you are well on the way to a better life.

## Key Words

This section introduces the unit's Key Words and helps learners understand and practice them.

## Focus

This question helps learners know what to focus on while reading the passage.

## Reading Passage

The reading passage presents various nonfiction texts with illustrations and pictures.

**Healthy Eating**

**Why is it important to know what is in the food you eat?**

**Six Main Nutrients**

Food is very important for good health. Your body needs nutrients that are found only in foods. It uses some of these nutrients as sources of energy throughout the day.

Nutrients help your body grow, your brain function, and your cells repair themselves. Different nutrients help the body in different ways. The chart shows the six main nutrients and how your body uses them.

Nutrient	Function	Sources
Carbohydrates	supply the body with much of its energy	bread, rice, potatoes, cereals, noodles
Proteins	supply energy; help cells grow and repair themselves	eggs, cheese, milk, fish, meats, beans, nuts
Vitamins	help regulate body functions; fight diseases	fruits, vegetables, milk
Minerals	help regulate body functions; form bones and teeth	fruits, vegetables, milk
Fats	supply energy; help store some vitamins	oils, butter, milk, meats
Water	helps with digestion; removes waste products; regulates body temperature	water, milk, soups, juices

**Nutrients Checklist**

**A Balanced Diet**

Because different foods have different kinds and amounts of nutrients, you need to eat a variety of foods every day to have a balanced diet. Apples are rich in vitamins and minerals. But if you eat nothing but apples, you'd be missing other important nutrients.

How can you tell how much of each food type you should eat? MyPlate puts foods into five major groups and tells you how much of each group is needed each day to stay healthy. It shows what your plate should look like.

**Why is eating only apples every day NOT a balanced diet?**

## Check

Learners can quickly check their understanding before moving on to Reading Comprehension.

## More Words

More Words presents words other than the Key Words that are related to the topic.

**Wise Choices**

Most foods contain more than one nutrient. How can you tell what nutrients are in a certain food? Most countries have a law requiring packaged foods to have a label of nutrition facts. The label makes it easier for consumers to know exactly what they are eating.

**Food labels** list the nutrients in the food, as well as the **ingredients**. This helps you make wise choices about what you eat. You can compare foods and determine which one is healthier. If you have special **dietary** needs, a food label can help you choose or avoid foods.



Reading Time: \_\_\_\_\_ min \_\_\_\_\_ s

**What does a food label tell you?**

More Words: source store waste product consumer avoid

Reading Comprehension

**4. Choose the correct answers.**

- What is the passage mainly about?
  - The ingredients of popular dishes
  - What is included in food labels
  - The importance of nutrition and a balanced diet
- Which nutrient does NOT provide the body with energy?
  - Carbohydrates
  - Vitamins
  - Proteins
- According to the passage, which diet is the most balanced?
  - A diet with only one type of food that contains the same nutrients
  - A diet with as much protein and carbohydrates as possible
  - A diet with different kinds of foods that contain a wide range of nutrients
- What has the closest meaning to "waste products" in the table on page 8?
  - Things you don't need
  - Things that are not in food
  - Things that give you energy
- What can be inferred about nutrients from the passage?
  - Only a few foods contain nutrients.
  - Nutrients do different jobs in the body.
  - Too many nutrients can be dangerous.

**5. Answer the questions.**

- In the table on page 8, what foods have vitamins and minerals? \_\_\_\_\_
- How does MyPlate help you have a balanced diet? \_\_\_\_\_
- According to the passage, how can a food label help someone with an allergy? \_\_\_\_\_

## Reading Comprehension

This section provides various reading comprehension questions. Learners can check how well they understand the passage by solving multiple-choice and open-ended questions.

## Reading Skill

This section helps learners outline the passage by using various reading skills.

Reading Skill: Main Idea and Key Details

**Complete the details with the correct phrases.**

**Main Idea** \_\_\_\_\_ is important for good health and nutrition.

**Context** Six Main Nutrients \_\_\_\_\_ in the body and is found in different food.

- Each nutrient has \_\_\_\_\_.
- Six main nutrients are carbohydrates, proteins, fats, vitamins, minerals, and water.

**Context** A Balanced Diet \_\_\_\_\_

- It is important to eat different foods, so you can get \_\_\_\_\_.
- Not all foods contain the same nutrients.
- MyPlate tells you \_\_\_\_\_.

**Context** Wise Choices \_\_\_\_\_

- \_\_\_\_\_ helps you see what nutrients and ingredients are in packaged food.
- Look at the labels to \_\_\_\_\_ and make healthier choices.

compare foods a balanced diet what and how much to eat a different function a food label at the nutrients you need

**Summary** Fill in the blanks to complete the summary.

Food contains nutrients. Each nutrient does a different job \_\_\_\_\_, so we have to make sure we get all the nutrients we need \_\_\_\_\_. Each food contains different nutrients, so we need to eat \_\_\_\_\_ and not eat too much of the same thing. MyPlate can help you see how your plate should look so that every meal is \_\_\_\_\_. Food labels can \_\_\_\_\_ what nutrients are in a particular food so you can \_\_\_\_\_.

a variety of foods a balanced one help you determine make healthy choices in the body from our food

Build Language

**as well as**

Read the sentences and fill in the blanks by using "as well as."



Food labels list the nutrients in the food, as well as the ingredients.



Reading books helps you learn new words as well as discover new ideas.

- Swimming is a good exercise. It is a very enjoyable hobby, too.
  - Swimming is \_\_\_\_\_.
- In my free time, I like listening to music. I like playing sports outside, too.
  - In my free time, I like \_\_\_\_\_.
- Taking care of a pet teaches responsibility. It teaches compassion for living things, too.
  - Taking care of a pet \_\_\_\_\_.

connect Your Ideas

Think about everything you ate today. What nutrients are missing? What should you eat more of today and why?

**Connect** I ate some bread and drank some milk for breakfast. I had fruit salad and orange juice for lunch. I think I should have meatballs for dinner because I didn't eat any fats today.

Your Own

## Summary

Learners can summarize the passage by filling in the blanks with phrases.

## Build Language

This section presents the main sentence pattern in the passage. Learners can practice their reading and writing skills with the questions provided.

## Connect Your Ideas

This section allows learners to connect personally with the unit's topic by making them think about their own experiences.

## Workbook

The workbook enables learners to review the entire unit through three sections.

- **Vocabulary Practice:** Learners can review the Key Words and the More Words in the unit.
- **Sentence Practice:** Learners can practice reading and writing sentences from the passage.
- **Reading Practice:** Learners can check how well they understand the passage.

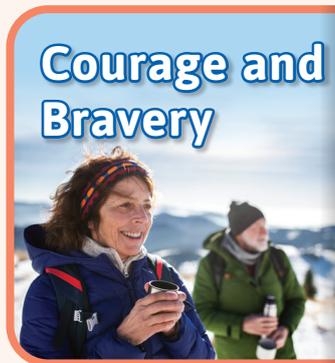
# Scope and Sequence



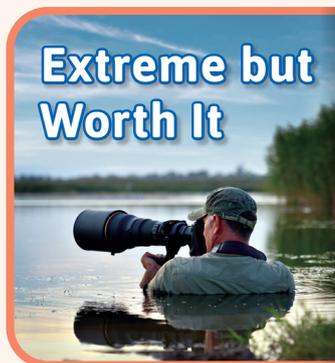
Unit	Title	Subject	Genre
1	<b>Healthy Eating</b>	Science	Nonfiction
2	<b>Stop Junk Food Ads for Kids</b>	Social Studies	Nonfiction
3	<b>Meet Laurie Sykes, Organic Farmer</b>	Social Studies	Nonfiction



4	<b>From Caves to Canvas: Art Through the Ages</b>	Art	Nonfiction
5	<b>The Starry, Starry Night</b>	Art	Nonfiction
6	<b>A Visit with a Museum Curator</b>	Social Studies	Nonfiction



7	<b>Michael's Story: Life with Type 1 Diabetes</b>	Science	Nonfiction
8	<b>Never Too Late: Grandma Conquers the Top of the World</b>	Social Studies	Nonfiction
9	<b>Fighting for Equal Rights</b>	Social Studies	Nonfiction



10	<b>On the Job with the Ski Patrol</b>	Social Studies	Nonfiction
11	<b>Nature in Focus</b>	Social Studies	Nonfiction
12	<b>Living in Microgravity</b>	Science	Nonfiction



Key Words	Reading Skill	Build Language	Page
balanced, carbohydrate, determine, dietary, digestion, food label, function, ingredient, nutrient, regulate	Main Idea and Key Details	Food labels list the nutrients in the food, <b>as well as</b> the ingredients.	6
advertisement, aim at, cavity, consider, junk food, obesity, outraged, promote, risk, study (n.)	Problem and Solution	Please help make a law <b>against</b> junk food ads for kids.	14
concentrate, co-op, inherit, mutant, organic, pesticide, poisonous, produce, transform, vocal	Sequencing	It was only five years ago <b>that</b> Laurie Sykes decided to become an organic farmer.	22
artwork, canvas, cement, decorate, develop, experiment, feature, perspective, religion, vibrant	Chronological Order	People <b>have been drawing and painting</b> pictures for thousands of years.	30
crackle, crescent moon, critic, fade away, fascinated, priceless, reveal, self-portrait, still life, swirl	Compare and Contrast	<b>On the left is a cypress tree</b> with branches rising like flames.	38
acquire, collection, conduct, curator, describe, display, exhibit, figure out, in charge of, storage	Summarizing Information	<b>With whom</b> do you work?	46
affect, certified, contain, cure, deal with, diabetes, fortunately, pay attention to, require, shot	Author's Point of View	<b>Whether</b> I was happy <b>or</b> sad, I was going to have diabetes.	54
adjust, advise, altitude, applaud, approach, exhausting, motivate, porter, suffer, terrain	Author's Purpose	The uphill climb is <b>so steep that</b> our goal was to go about five miles (8 km) each day.	62
achieve, arrest, aware, fine (v.), influence, movement, property, right (n.), slavery, trial	Cause and Effect	However, she couldn't speak at anti-slavery meetings because women <b>weren't supposed to</b> speak in public.	70
avalanche, chairlift, cornice, dawn, explosive, patrol, ridge, stubborn, trigger, unstable	Sequencing	We want everyone to be safe <b>while enjoying</b> the outdoors.	78
camouflage, camp out, distance, endangered species, expedition, extreme, patiently, spectacular, visible, wildlife	Problem and Solution	<b>There is no way to</b> know exactly when a frog might use its tongue to catch a tasty fly.	86
average, benefit, catastrophe, effort, faint, hazard, lodge, microgravity, prevent, spacewalk	Compare and Contrast	<b>When it comes to</b> brushing their teeth, astronauts do it in much the same way as they do on Earth.	94

# 1

# Healthy Eating



### Get Ready

If you ate a healthy breakfast, what would you eat?

MEAL PLAN

	BREAKFAST	LUNC
DAY 1		
DAY 2		
DAY 3		

### BIG IDEA

### Food for Health

Eating well does not have to be complicated. If you eat a balanced diet, you are well on the way to a better life.



## A Listen and read the words.



dietary



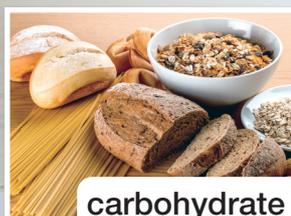
determine



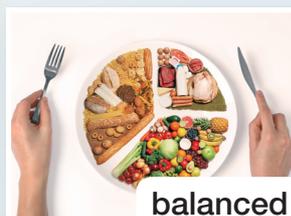
nutrient



regulate



carbohydrate



balanced



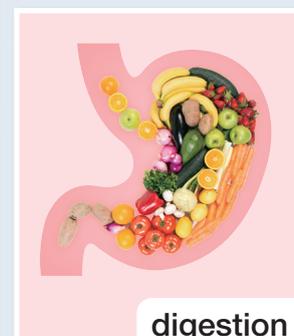
ingredient



food label



function



digestion

## B Write the correct words for the definitions.

1. \_\_\_\_\_ : *adj.* having all elements in the appropriate amounts
2. \_\_\_\_\_ : *v.* to run, work, or operate, especially in a normal way
3. \_\_\_\_\_ : *n.* something in food that people need to live and grow
4. \_\_\_\_\_ : *v.* to find out or discover the facts about something
5. \_\_\_\_\_ : *n.* a piece of paper that gives information about food
6. \_\_\_\_\_ : *v.* to control the speed, temperature, and so on of a machine or your body
7. \_\_\_\_\_ : *n.* one of the foods that you use to make a particular meal
8. \_\_\_\_\_ : *adj.* relating to the food someone eats
9. \_\_\_\_\_ : *n.* a substance in food such as rice, bread, potatoes, and so on
10. \_\_\_\_\_ : *n.* the process of changing food in the stomach into substances your body can use

# Healthy Eating



393 words

**Focus** Why is it important to know what is in the food you eat?

## Six Main Nutrients

Food is very important for good health. Your body needs nutrients that are found only in foods. It uses some of these nutrients as **sources** of energy throughout the day.

Nutrients help your body grow, your brain **function**, and your cells repair themselves. Different nutrients help the body in different ways. The chart shows the six main nutrients and how your body uses them.

### Nutrients Checklist

Nutrient	Function	Sources
Carbohydrates	supply the body with much of its energy	bread, rice, potatoes, cereals, noodles
Proteins	supply energy; help cells grow and repair themselves	eggs, cheese, milk, fish, meats, beans, nuts
Vitamins	help <b>regulate</b> body functions; fight diseases	fruits, vegetables, milk
Minerals	help regulate body functions; form bones and teeth	fruits, vegetables, milk
Fats	supply energy; help <b>store</b> some vitamins	oils, butter, milk, meats
Water	helps with <b>digestion</b> ; removes <b>waste products</b> ; regulates body temperature	water, milk, soups, juices

**Check** How do the nutrients help your body?

How can you **determine** what nutrients are in the foods you eat and drink?

Try this activity.

### What you need

- paper
- pencil

### What to do

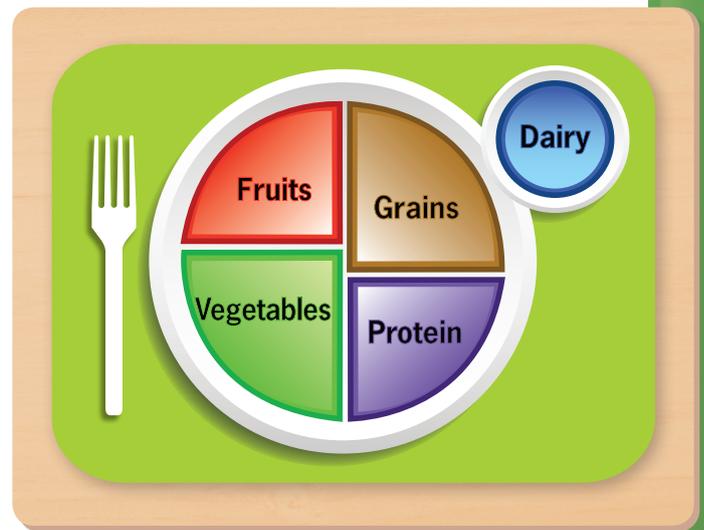
- 1 Write down everything you eat for one day.
- 2 Compare your list to the nutrients checklist.  
What nutrients are in each food you ate?
- 3 Make a chart. Write the nutrients in one column and the food in the other.

carbohydrates	cereal, bread
proteins	turkey
vitamins	milk
minerals	carrot sticks
fats	mayonnaise
	potato chips
water	drinking water
	orange juice

## A **Balanced Diet**

Because different foods have different kinds and amounts of nutrients, you need to eat a variety of foods every day to have a balanced diet. Apples are rich in vitamins and minerals. But if you ate nothing but apples, you'd be missing other important nutrients.

How can you tell how much of each food type you should eat? MyPlate puts foods into five major groups and tells you how much of each group is needed each day to stay healthy. It shows what your plate should look like.



**Check** Why is eating only apples every day **NOT** a balanced diet?



**A Choose the correct answers.**

1. What is the passage mainly about?
  - a The ingredients of popular dishes
  - b What is included in food labels
  - c The importance of nutrition and a balanced diet
  
2. Which nutrient does NOT provide the body with energy?
  - a Carbohydrates
  - b Vitamins
  - c Proteins
  
3. According to the passage, which diet is the most balanced?
  - a A diet with only one type of food that contains the same nutrients
  - b A diet with as much protein and carbohydrates as possible
  - c A diet with different kinds of foods that contain a wide range of nutrients
  
4. What has the closest meaning to “waste products” in the table on page 8?
  - a things you don’t need
  - b things that are not in food
  - c things that give you energy
  
5. What can be inferred about nutrients from the passage?
  - a Only a few foods contain nutrients.
  - b Nutrients do different jobs in the body.
  - c Too many nutrients can be dangerous.

**B Answer the questions.**

1. In the table on page 8, what foods have vitamins and minerals?

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2. How does MyPlate help you have a balanced diet?

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3. According to the passage, how can a food label help someone with an allergy?

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# Reading Skill: Main Idea and Key Details

Complete the details with the correct phrases.

**Main Idea** \_\_\_\_\_ is important for good health and nutrition.

## Detail 1 Six Main Nutrients

- Each nutrient has \_\_\_\_\_ in the body and is found in different food.
- Six main nutrients are carbohydrates, proteins, fats, vitamins, minerals, and water.

## Detail 2 A Balanced Diet

- It is important to eat different foods, so you can get \_\_\_\_\_.
- Not all foods contain the same nutrients.
- MyPlate tells you \_\_\_\_\_.

## Detail 3 Wise Choices

- \_\_\_\_\_ helps you see what nutrients and ingredients are in packaged food.
- Look at the labels to \_\_\_\_\_ and make healthier choices.

compare foods  
a different function

a balanced diet  
a food label

what and how much to eat  
all the nutrients you need

## Summary

Fill in the blanks to complete the summary.

Food contains nutrients. Each nutrient does a different job \_\_\_\_\_  
\_\_\_\_\_, so we have to make sure we get all the nutrients we need  
\_\_\_\_\_. Each food contains different nutrients, so we  
need to eat \_\_\_\_\_ and not eat too much of the same  
thing. MyPlate can help you see how your plate should look so that every  
meal is \_\_\_\_\_. Food labels can \_\_\_\_\_.  
what nutrients are in a particular food so you can \_\_\_\_\_.

a variety of foods  
make healthy choices

a balanced one  
in the body

help you determine  
from our food



## as well as

Read the sentences and fill in the blanks by using “as well as.”



Food labels list the nutrients in the food, **as well as** the ingredients.

Reading books helps you learn new words **as well as** discover new ideas.



1. Swimming is a good exercise. It is a very enjoyable hobby, too.

→ Swimming is \_\_\_\_\_.

2. In my free time, I like listening to music. I like playing sports outside, too.

→ In my free time, I like \_\_\_\_\_.

3. Taking care of a pet teaches responsibility. It teaches compassion for living things, too.

→ Taking care of a pet \_\_\_\_\_.

## Connect Your Ideas

Think about everything you ate today. What nutrients are missing? What should you eat more of today and why?

**Example** I ate some bread and drank some milk for breakfast. I had fruit salad and orange juice for lunch. I think I should have meatballs for dinner because I didn't eat any fats today.

**Your Own** \_\_\_\_\_  
 \_\_\_\_\_