



Instructional Guide Activities

2025-2026

4th Grade

Unit 1

The logo features the words "LEVEL UP" in a bold, sans-serif font. The letter "U" is stylized with an upward-pointing arrow integrated into its top curve. A thick horizontal line is positioned beneath the word "LEVEL". The entire logo is rendered in white against a solid grey rectangular background.

Distribución Gratuita-Prohibida
su Venta



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Today, the Weather is...



Read and



write.

Word Bank

cloudy cold hot sunny snowy rainy windy stormy



1. Today is a _____ day.



5. Today is a _____ day.

2. Today is a _____ day.

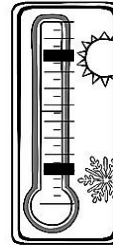


6. Today is a _____ day.



3. Today is a _____ day.

4. Today is a _____ day.



7. Today is _____ and _____ day.



Months of the Year



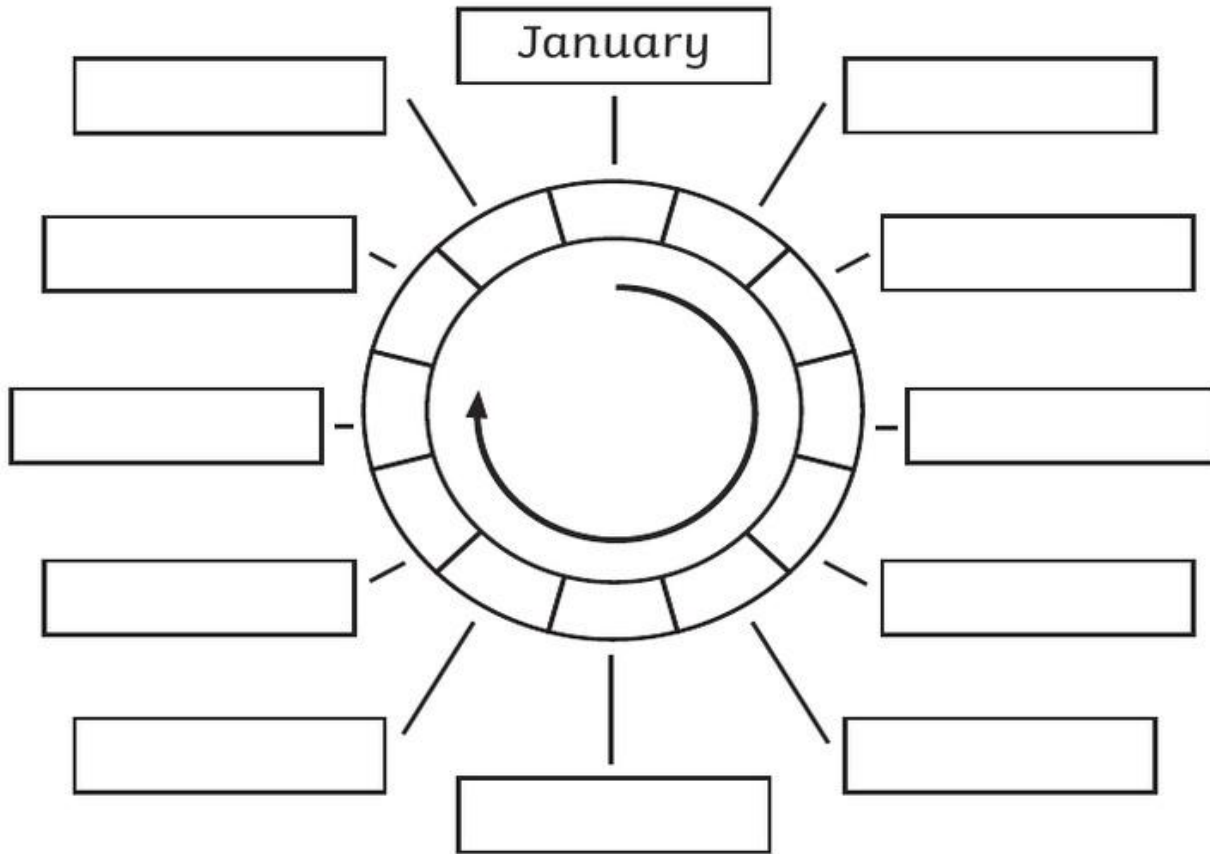
Read,



write and



color.



Word Bank

April

March

September

June

November

July

December

May

August

February

October



Days of the Week



Read ,



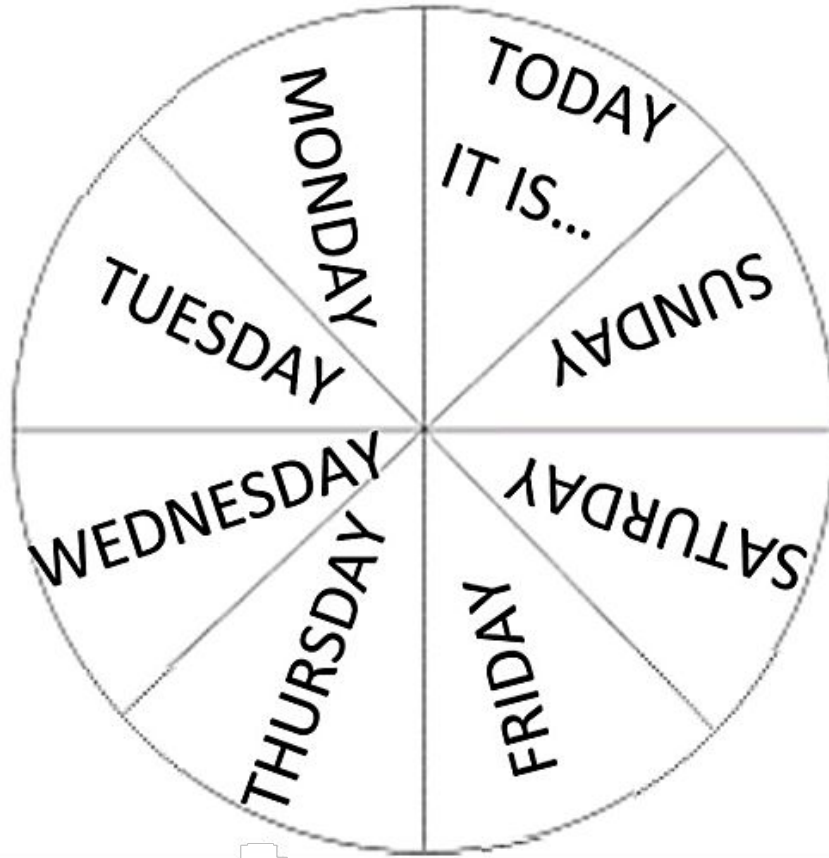
cut,

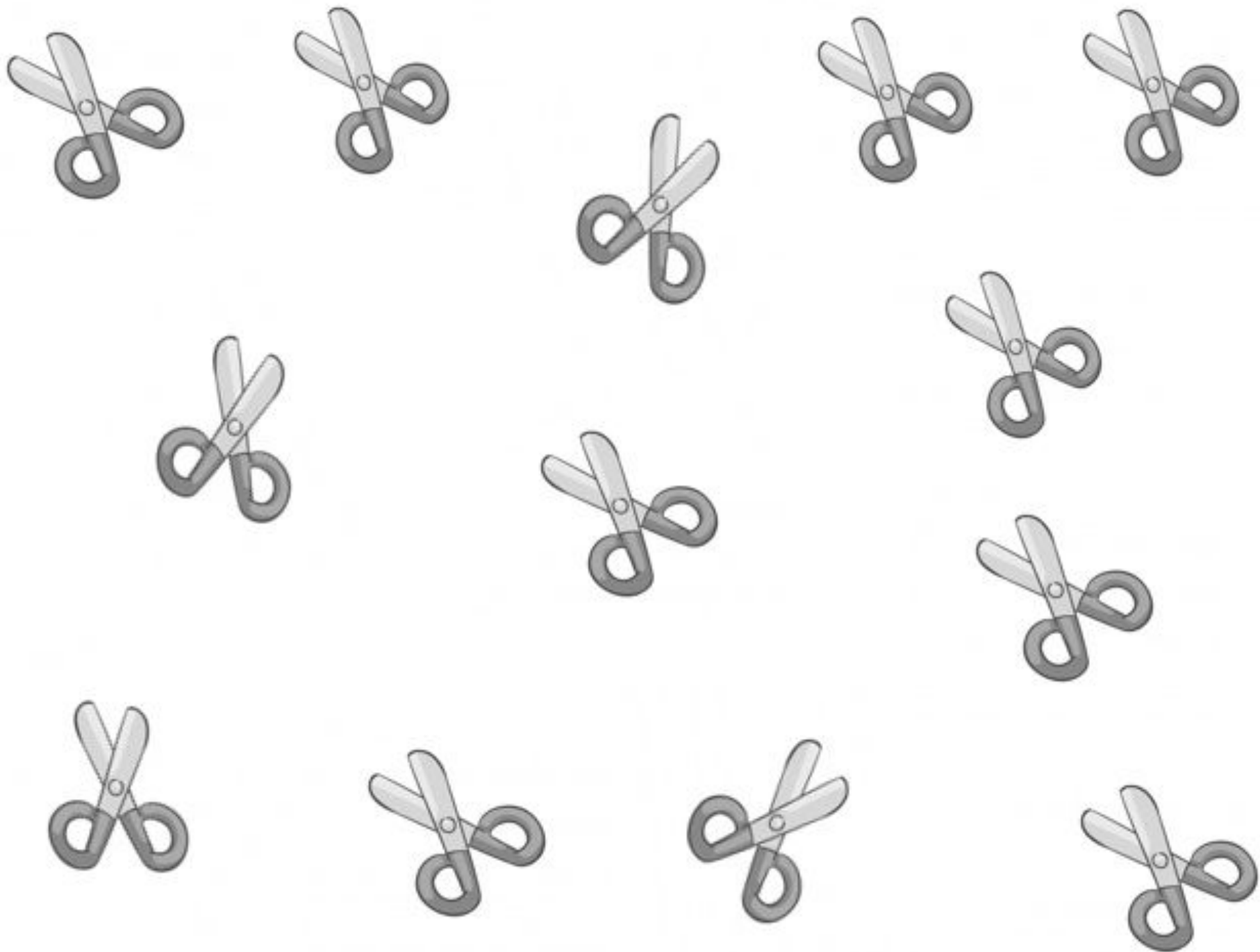


glue and



play.





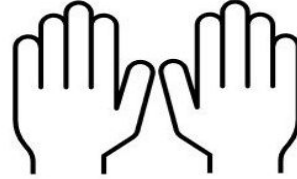
Numbers 10 to 100



Read and



write.



Word Bank

fifty

twenty

eighty

forty

ten

ninety

sixty

thirty

seventy

one hundred



Food and Drinks



Read,



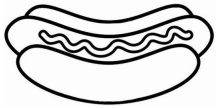
repeat,



spell and



color.



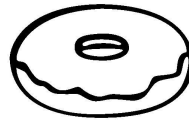
hot dog
hamburger



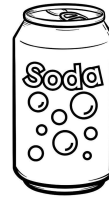
cake



broccoli



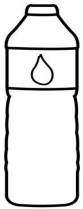
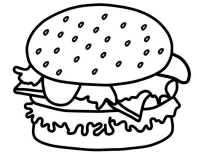
dona



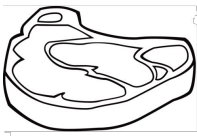
soda



pizza



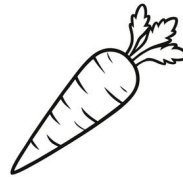
water
juice



meat



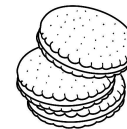
apple



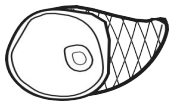
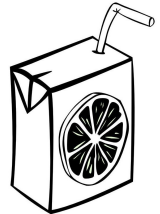
carrot



banana



cookies



ham
fries



bread



chicken



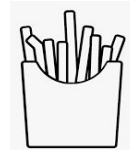
cereal



milk



rice



What do you eat?



Listen and



draw.



1.breakfast



2.lunch



3.dinner



Think and Draw



Think,



draw and



write.

My Favorite Food

What do you
like to eat?



I like to eat



What do you
like to drink?



I like to drink



Food Pyramid



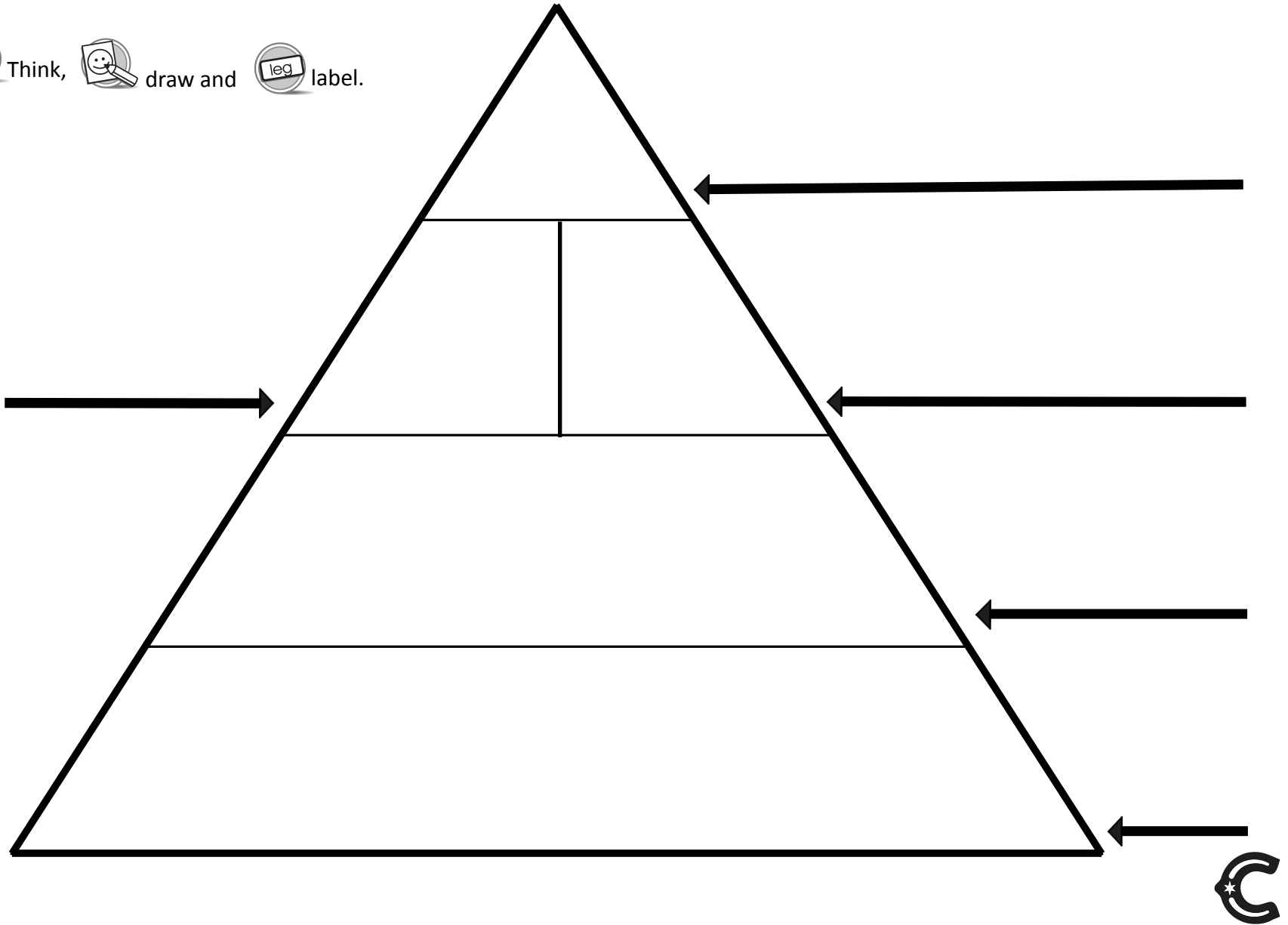
Think,



draw and



label.



Classify Food



Think,



draw and



label.

Fruits	Vegetables	Snacks
Meat, Poultry, Fish	Drinks	Desserts



Healthy and Unhealthy Food



Read ,



color,

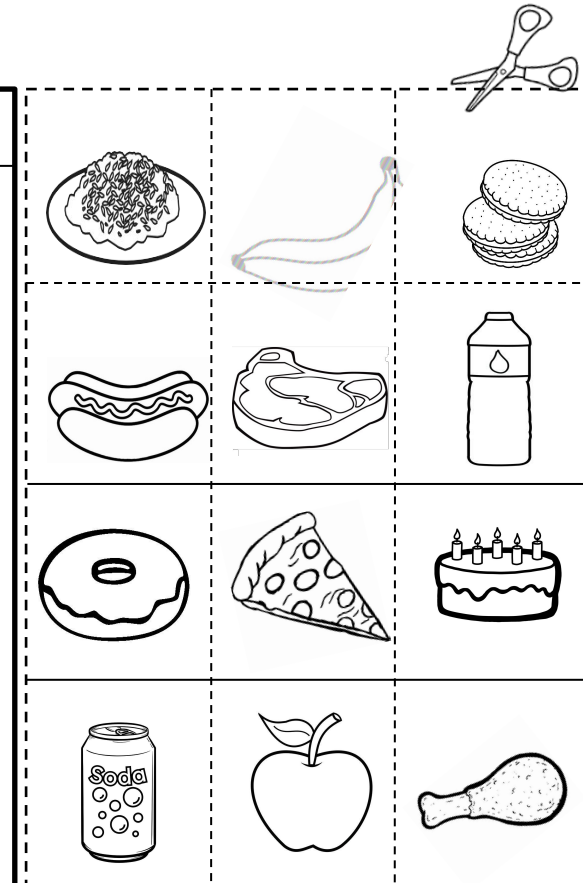


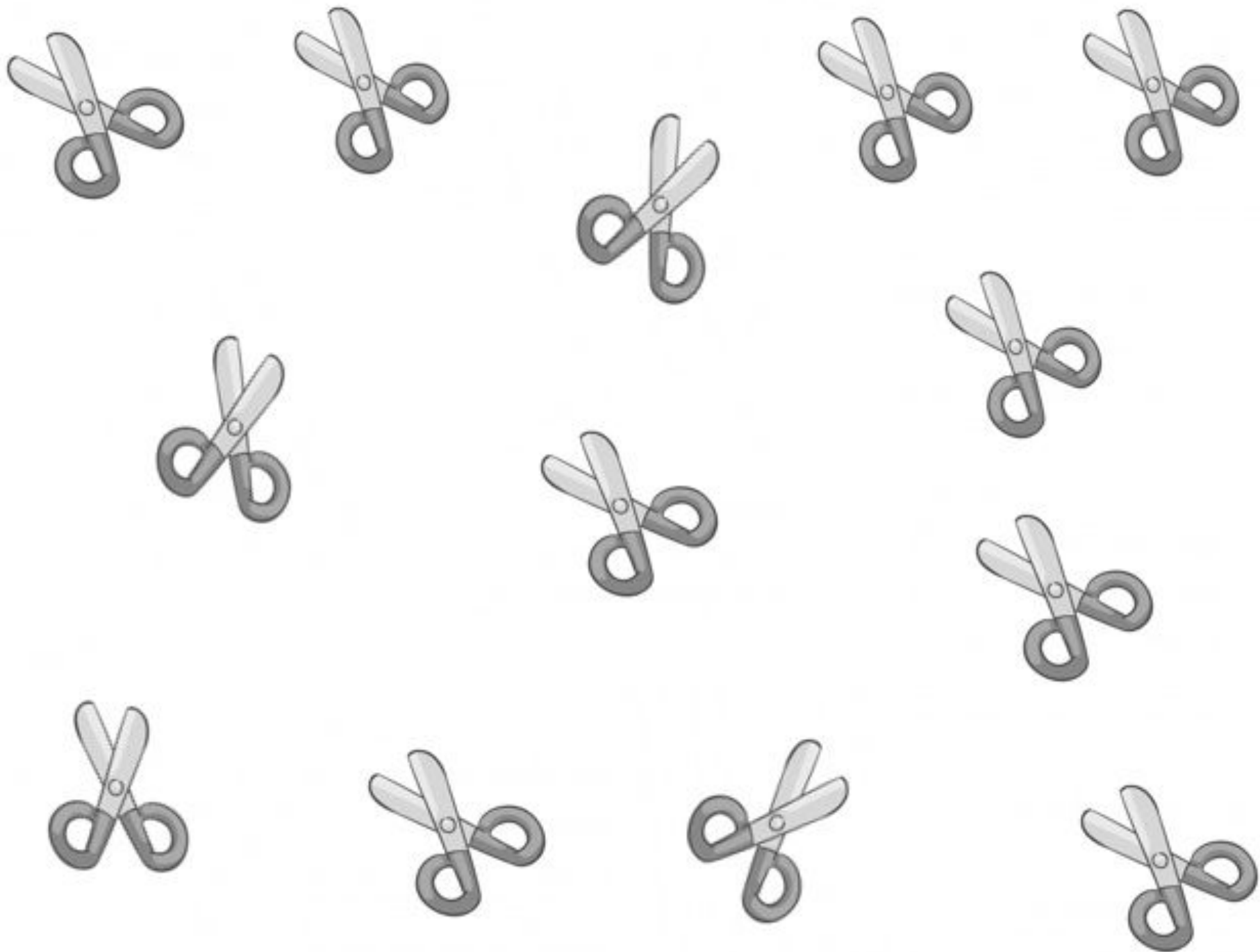
cut and



glue.

Healthy Food		Unhealthy Food	





Use of Should and Shouldn't



Read and



write.

Word Bank

should

shouldn't

1. You _____ eat healthy food.



2. You _____ drink a lot of soda.



3. You _____ do exercise every day.



4. You _____ drink 2 liters of water every day.



5. You _____ go to bed early.



6. You _____ eat fruits and vegetables.



7. You _____ get up late.



Mom's Diet



Read and



match.

My mom is on a diet. She wants to lose 5k before her birthday. She is eating a lot of vegetables. She also eats a lot of fish and chicken. She has taken all the chocolates and cookies out of the house. I now also have to eat fruit instead of pizza. She is drinking more water and less soda. She has started going to the gym. After I finish my homework, she makes the family go to a walk every night instead of watching T.V. All the family have to eat healthy, and we need to buy more healthy food. My mom doesn't have to eat more cereal because the doctor told her to omit that kind of food. My dad doesn't like this very much, but everybody is making the diet with her.

1. The mom wants to
2. She also eats a lot of
3. I have to eat
4. She makes the family
5. We need to buy
6. The mom doesn't have to
7. Everybody es making

- a. eat more cereal.
- b. The diet with her.
- c. more healthy food.
- d. go to a walk every night.
- e. lost 5k before her birthday.
- f. fish and chicken.
- g. fruit instead of pizza.



Mom's Diet



Read and



write.

My mom is on a diet. She wants to lose 5k before her birthday. She is eating a lot of vegetables. She also eats a lot of fish and chicken. She has taken all the chocolates and coolies out of the house. I now also have to eat fruit instead of pizza. She is drinking more water and less soda. She has started going to the gym. After I finish my homework, she makes the family go to a walk every night instead of watching T.V. All the family have to eat healthy, and we need to buy more healthy food. My mom doesn't have to eat more cereal because the doctor told her to omit that kind of food. My dad doesn't like this very much, but everybody is making the diet with her.

T

F

1. The mom wants to lose 5k before her birthday.
2. She is eating soda, pizza and hamburgers.
3. The son have to eat fruit instead of pizza.
4. They have to eat healthy food.
5. They go on a family walks every night.
6. The father doesn't have to eat more cereal



Cooking Verbs



Read,



write and



color.

Word Bank

Decorate

Stir

Slice

Boil

Mix

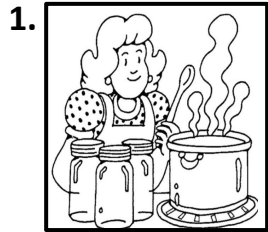
Bake

Cook

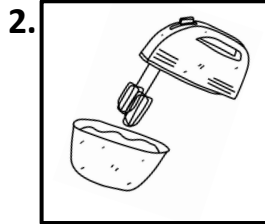
Pour

Taste

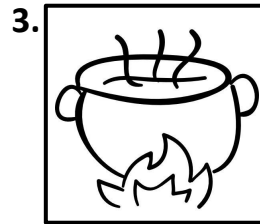
Add



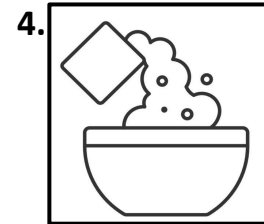
_____ a
delicious
recipe.



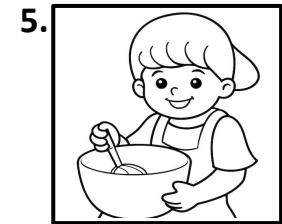
_____ all the
ingredients.



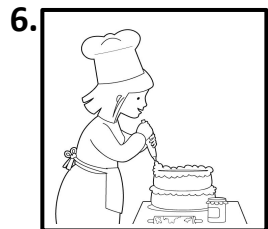
_____ the water
for 10 minutes.



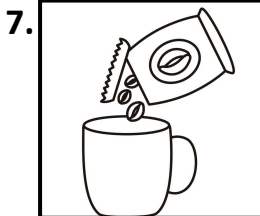
_____ milk to the
cake ingredients.



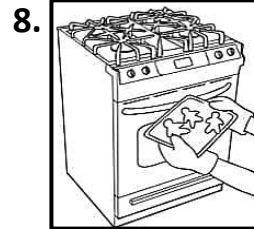
_____ the cake mix
until it begins smoothy.



_____ the
cake with different
colors.



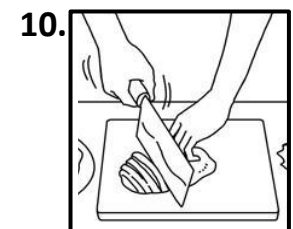
_____ coffee
to the hot water.



_____ the
cookies for about
40 minutes.



_____ the
milk shake.



_____ a piece
of bread.



How Much, How Many



Read,



write and



check.

1. _____ cookies are left?

☐

How much

☐

How many

2. _____ water do you drink in a day?

☐

How much

☐

How many

3. _____ pizzas do you order?

☐

How much

☐

How many

4. _____ cereal do you want?

☐

How much

☐

How many

5. _____ bread do you like to eat?

☐

How much

☐

How many

6. _____ carrots I'm going to buy in the supermarket?

☐

How much

☐

How many

How many carrots do you have?

I have two carrots.



Containers and Quantifiers for Food



Read,



write and



color.

Word Bank

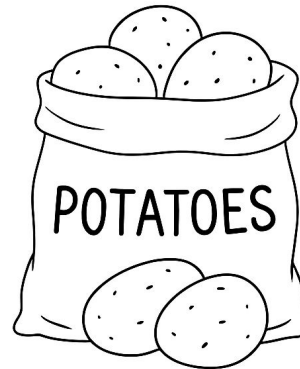
tomato lemonade potatoes tea

1. A glass of _____.

2. A bag of _____.

3. A cup of _____.

4. A slice of _____.



Containers and Quantifiers for Food



Read,



write and



color.

1. A glass of:



_____.

2. A bar of:



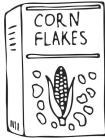
_____.

3. A cup of:



_____.

4. A box of:



_____.

5. A spoon of:



_____.

6. A jar of:



_____.

7. A can of:



_____.

Word Bank

cereal

soup

soda

water

chocolate

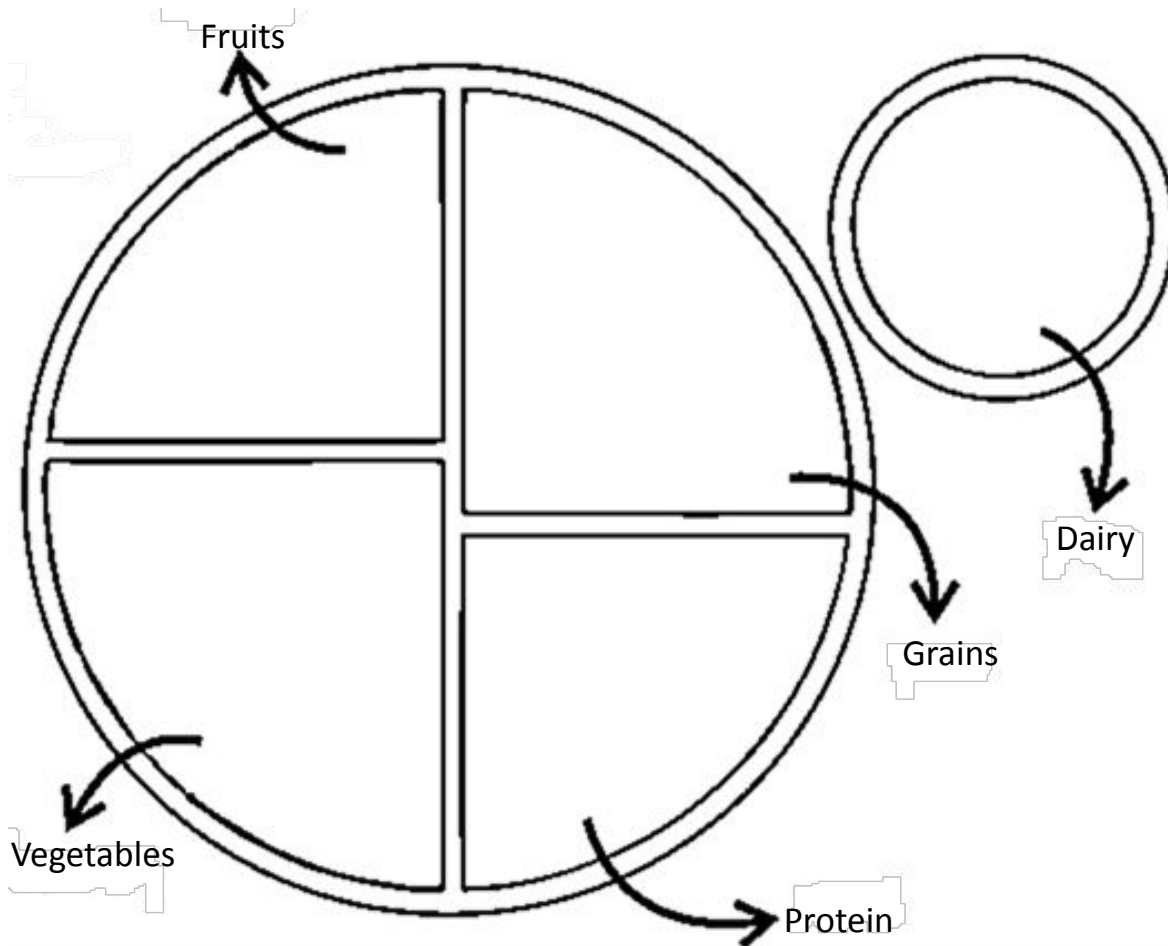
coffee

strawberry jam



Eatwell Plate

 Read,  draw,  write and  color.



Amounts you should eat:

Fruits:	_____
Vegetables:	_____
Protein:	_____
Grains:	_____

