

Language in Practice

SERENDIPITY

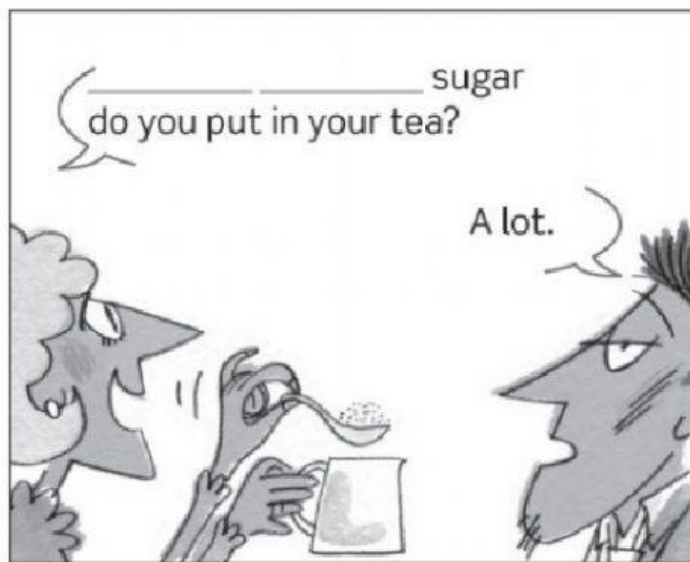
ENGLISH, THE MOST FORTUNATE
DISCOVERY

OPPORTUNITIES
English!

a Complete the questions. Then complete the sentences.



1 He *doesn't have much salt with his meals.*



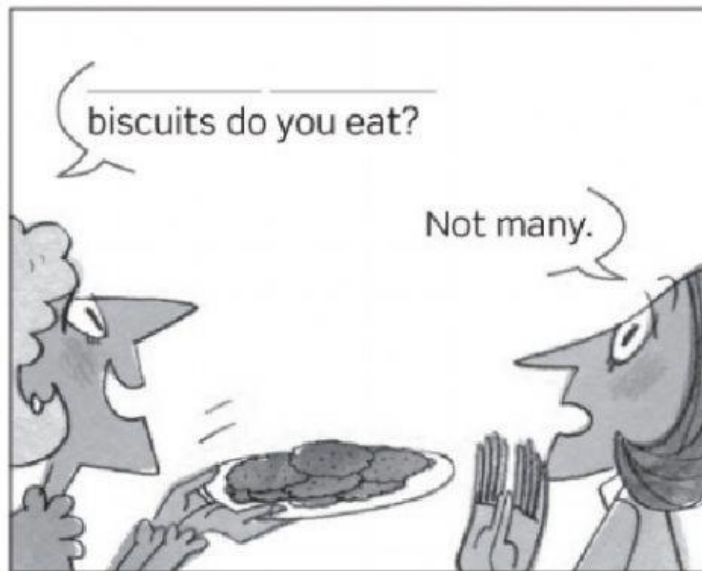
2 He _____
_____.

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3 She _____
_____.



4 He _____
_____.

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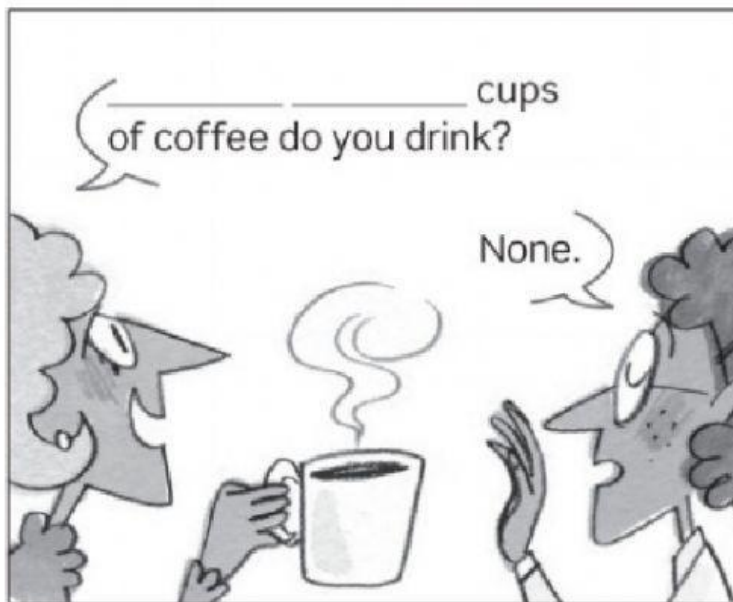
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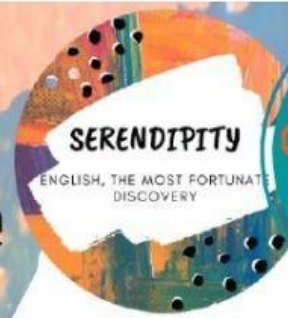


5 He _____
_____.



6 She _____
_____.

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b Read the information and write questions.

FOOD FACTS
There is 23g of sugar in an orange.
There are about 125 calories in a banana.
There are about 18 oranges in a carton of orange juice.
There is 1.2g of salt in a bowl of cereal.
There are six eggs in a box.
There is 454g of jam in a jar.

1 How much sugar is there in an orange?

Answer: 23g.

2

Answer: About 125.

3

Answer: About 18.

4

Answer: 1.2g.

5

Answer: six.

6

Answer: 454g

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c Unscramble the words to make food containers.

1 rja

2 bxo

3 rncoat

4 nit

5 cpeatk

6 nca

7 totble

d Complete the sentences with a container from c.

1 She was thirsty, so she bought a of fizzy drink.

2 Do you need the scissors to open the of juice?

3 He took the of strawberry jam out of the cupboard.

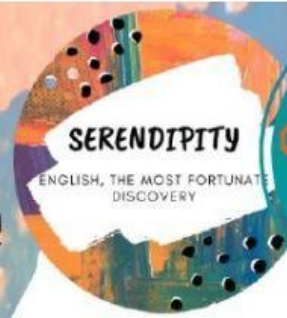
4 There is a small of crisps in that big bag.

5 We always take a of water when we go for a walk.

6 They made some sandwiches with a of tuna.

7 I gave her a of chocolates to say thank you.

Language in Practice



e Choose the word with a different sound.

 snake	1 sugar salad cereal
 shower	2 sure fresh salt
 snake	3 rice shopping science
 shower	4 short information centre

f Listen to the radio show about food groups. Complete the examples of the groups.



- 1 **carbohydrates:** bread, pasta,
....., potatoes
- 2 **fruits and vegetables:** apples, oranges,
....., carrots
- 3 **protein:** meat,
- 4 **milk and dairy:**,
yoghurt
- 5 **fats and sugars:** cakes,
....., sweets, crisps

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g Listen again. Complete the gaps with one word.

1 Carbohydrates give us

2 Fruits and vegetables contain important

3 Protein helps our bodies to and repair.

4 Milk and dairy are important for our bones and

5 You should eat fats and sugars or
..... a week.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- ☐ gold
- ☐ spoon
- ☐ vitamins
- ☐ fresh
- ☐ spoonful
- ☐ instead of