

Name: _____



Year 4 Get Smart Plus 4 -Video Worksheets (pg 146 & 147)

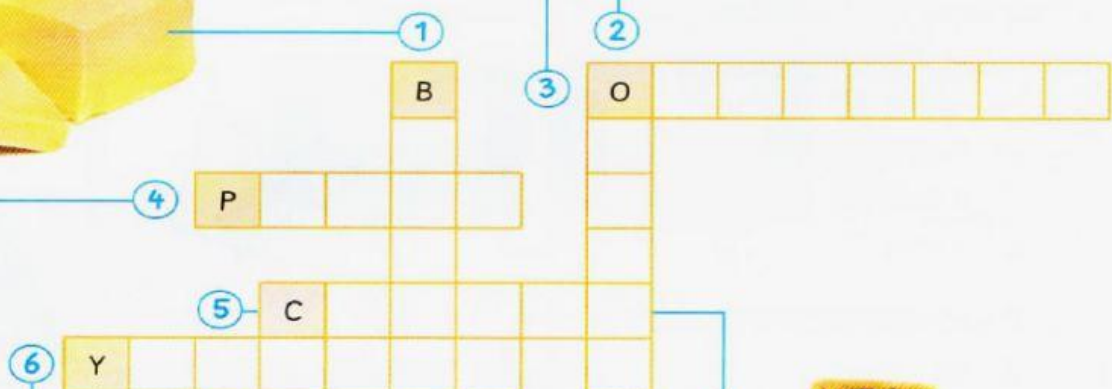


Episode 5

Eating right

Warm-up

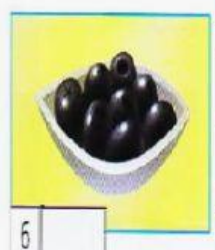
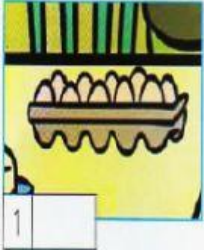
1. Look and complete.





While Watching

2. Watch Part 2 and tick (✓) what the kids use to make an omelette.

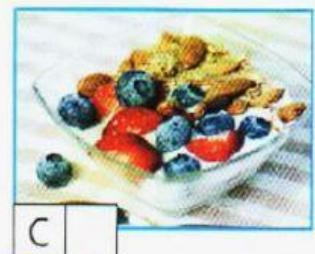


3. Watch Part 2 again. Read and write Yes or No.

- | | |
|---|--|
| 1. Does Jack want to have lunch? ☐ | 4. Do they have ten eggs? ☐ |
| 2. Does Jack cook with his mum? ☐ | 5. Is salad Dad's favourite food? ☐ |
| 3. Is there any cheese? ☐ | 6. Does the family eat together? ☐ |

4. Watch Part 3. Look and match.

1. Breakfast
2. Lunch
3. Dinner



5. Watch Part 3 again. Read and circle.

1. The video is about **healthy** / **unhealthy** food.
2. The people from the Mediterranean eat a lot of **meat** / **fish**.
3. Fruit is part of the Mediterranean **breakfast** / **lunch**.
4. The oil used is made from **vegetables** / **olives**.
5. People in the Mediterranean have **three** / **four** meals a day.