

A. Look at the food pyramid. Which of the foods do you think you should eat more and which less? Listen, read and check your answers.

The food pyramid

- | | | |
|--|-----------------------|---|
| 1. This food group helps your teeth stay white and strong. | ☐ | • FATS, OIL AND SWEETS |
| 2. This food group gives you energy. | ☐ | • DAIRY PRODUCTS |
| 3. This food group makes your muscles strong. | ☐ | • MEAT, CHICKEN, FISH, EGGS, NUTS, BEANS |
| 4. You shouldn't eat a lot from this food group. | ☐ | • FRUIT AND VEGETABLES |
| 5. This food group gives you the protein you need. | ☐ | • BREAD, CEREAL, RICE, PASTA |
| 6. You should eat foods from this food group to avoid getting ill. | ☐ | |

Find the sentences in the text (book 52)

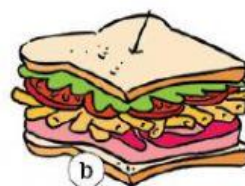
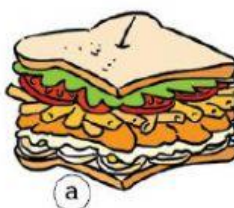
- A kiegyensúlyozott diéta mind a 4 ételcsoportot magába foglalja.
- Szóval ne kerüld az édesség evést.
- A fehérje szükséges ahhoz, hogy nőjön a test és erős legyen.
- Szóval egyél többet ebből a csoportból, hogy energikus maradj.
- A vörös húsban sok a zsír.

Listen to three short dialogues and answer the questions. Choose the correct picture a or b.

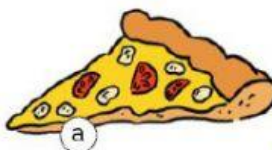
1. Which salad is the woman going to eat tonight? ☐



3. Which sandwich does the woman decide to buy? ☐



2. Which pizza is Bruce having for dinner? ☐



exercise travel eat watch fly make look

1. John is thinking of _____ to Italy by boat. You see, he hates _____ so he won't go by plane.
2. You should stop _____ TV all afternoon. Join the gym and start _____!
3. Diane can't stand _____ fish. How about _____ her a salad?
4. _____ after a pet is not easy.