

Lesson 2

1 Complete the table with the words from the box.

~~sweets~~ ~~turkey~~ milk hot dog fish crisps burger cereal
cola cheese French fries soup

Healthy food	Unhealthy food
turkey	sweets

2 Complete the sentences with the words from the box.

snack delicious ~~dairy~~ cereal vegetarian important diet

- 1) Milk, cheese and yoghurt are dairy products. 2) Helen is a _____ because she doesn't eat meat. 3) If you are hungry between meals, you can have a _____. 4) You should eat bread, pasta and _____, because they give you energy.
- 5) Different kinds of food that you eat make your _____. 6) Sweets and cakes are very _____, but they are not healthy. 7) It is _____ to eat fruit and vegetables to be healthy.

3 Complete the sentences with true information about your eating habits.

- 1) I have _____ meals a day.
2) I eat _____ for breakfast.
3) I like eating _____.
4) I don't like eating _____.
5) I like drinking _____.
6) I don't like drinking _____.