



Unit 3

Health and illness

1. Complete the gaps with the words in the box.

vegetables	nutrients	food
fruit	grains	proteins
water	energy	

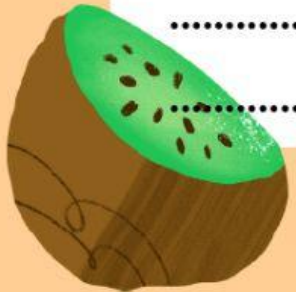


a. If you follow a healthy diet it means you eat food with different

b. Healthy food gives us

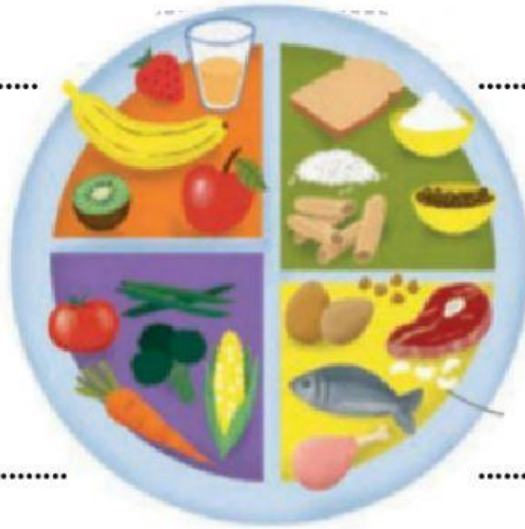
b. We need and to survive.

c. We have to eat:,
..... and
.....



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2. Choose the correct option.



a. Some examples of fruits are:

.....

b. Some examples of vegetables are:

.....

c. Some examples of proteins are:

.....

d. Some examples of grains are:

.....

