

Have a balanced diet

1. Read and choose the correct option

☐

It's healthy

☐

It's unhealthy

☐

It's healthy

☐

It isn't healthy

☐

It's healthy

☐

It's unhealthy

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It's unhealthy

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It's healthy

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It's unhealthy

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It's unhealthy

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It's healthy

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It's healthy

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It isn't healthy

☐

It's healthy

☐

It's unhealthy

2. Click to listen and choose

  ☒ ☐	  ☒ ☐
  ☒ ☐	  ☒ ☐
 Breakfast snack	 dinner Breakfast
 lunch dinner	 lunch snack

3. Read and match



Breakfast

snack

lunch

dinner

