

Name _____	Date _____
Unit _____	Lesson _____

1. Complete this table.

	What it contains?
Carbohydrates	
Fruits and vegetables	
Dairy	
Meat, fish, nuts, eggs and pulses	
Fats and oil	

2. There are five fundamental types of food. What else includes a balanced diet?

3. Find the odd out word.

a) Bread, potatoes, ham, rice

b) Pea, nut, kiwi, bean

c) Fish, cheese, lentils, ham

d) Butter, cheese, yogurt, milk
