

Unit 2 Review

1. Look, read and match.



fats

proteins

dairy

carbohydrates

fruits and
vegetables

2. Read the menu. Tick (✓) the healthy food.

Breakfast

Cereal

☐

Donut

☐

Snacks

Apple

☐

Chocolate

☐

Yoghurt

☐

Crisps

☐

Lunch

Chicken

☐

Hamburger

☐

Vegetables

☐

Dinner

Pizza

☐

Salad

☐

3. Is it a healthy habit? Drop the habits into their correct place.

Healthy habits	Unhealthy habits

