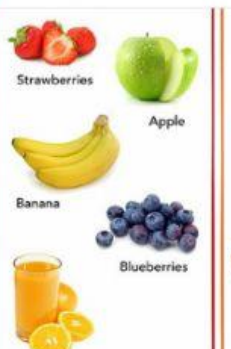


Vocabulary Ex. > Food & Cooking

A. Look at the pictures. What is the name of each food group? Write them on the lines below.

(1) _____	(2) _____	(3) _____	(4) _____	(5) _____
 Yogurt Milk Cheese	 Broccoli Asparagus Bell Peppers Corn	 Strawberries Apple Banana Blueberries Orange Juice	 Cereal Tortillas Bread Rice Pasta	 Tuna Eggs Hamburger Nuts Chicken

B. Look at the pictures. Choose the correct word in the box for each image.

boiling	kneading	frying	grilling	baking	dipping
peeling	slicing	sifting	tasting	pouring	microwaving



(1) _____



(2) _____



(3) _____



(4) _____



(5) _____



(6) _____



(7) _____



(8) _____



(9) _____



(10) _____



(11) _____



(12) _____



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C. Complete the sentences using ONLY ONE WORD.

- People should avoid eating ⁽¹⁾ _____ foods if they need to lose some weight.
- Having a healthy diet may help people to have a lower risk of ⁽²⁾ _____ such as obesity, type 2 diabetes, and certain cancers.
- Doing regular ⁽³⁾ _____ and eating well are a great combination to stay healthy at any age.
- The excessive consumption of ⁽⁴⁾ _____ drinks such as soda, sweetened tea, chocolate milk and others can damage your teeth.
- Kids must eat plenty of fresh ⁽⁵⁾ _____ at lunch time.
- A ⁽⁶⁾ _____ is a person who does not eat meat or fish for moral, religious, healthy, or environmental reasons.
- The *Eatwell Guide* recommends that people should aim to drink 6 to 8 ⁽⁷⁾ _____ of water a day.
- It has become trendy to eat ⁽⁸⁾ _____ food since it is grown 'naturally' without the use of chemicals or fertilizers.

D. Choose the correct answer (a-d) to complete each sentence.

1. Andrew is a bit _____. He ought to eat less fats and more vegetables.
a. underweight b. overweight c. muscular d. pale
2. It is better to eat _____ meat two or three times monthly.
a. lean b. white c. seafood d. red
3. The Mediterranean diet contains _____ that help to prevent cardiovascular disease.
a. lots of carbs b. sugary foods c. little sugar d. antioxidants
4. Adults can drink _____ and coffee within reasonable limits.
a. water b. juice c. wine d. energy drinks
5. _____ your consumption of highly processed and refined foods, as they are often high in added sugars, unhealthy fats, and sodium.
a. Organize b. Minimize c. Increase d. Keep
6. Prepare your _____ at home whenever possible.
a. meals b. diet c. nutrients d. cooking
7. Limit the amount of _____ in your diet to maintain healthy blood pressure levels.
a. spices b. flavors c. sodium d. proteins
8. Be mindful of portion sizes using _____ plates and bowls.
a. larger b. glass c. recyclable d. smaller
9. Chew your food thoroughly, savor the flavors, and listen to your body's signals of _____ and fullness.
a. hunger b. inactivity c. emptiness d. disease



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