

FLYERS (6 - CN) 20/8/23

VOCABULARY

1. Matching the following

Home-made **Junk food** **Dairy products** **Health food** **Ready-made** **Additives** **Sugar** **Ingredients**

: noun things we add to a food to make

it taste or look better, or to help it stay fresh.

: foods made from milk, for example cheese and yogurt.

: noun food that you eat because it is good for you.

: If food is home-made, it is made at home, not bought in a shop.

: the different foods you cook together to make a dish.

: food that you buy that is not good for you.

: If food is ready-made, it is cooked or ready to cook when you buy it.

: a very sweet food that is in cakes, chocolate and sweets.

2 Complete the poster.

additives dairy products health food home-made
ingredients junk food ready-made sugar



Eat well and stay healthy

Look carefully at supermarket food. Read the ¹ ingredients and make sure there aren't lots of ² in the things you buy. ³ dishes often have lots of salt and ⁴ in them. Try not to eat too much ⁵. It's OK occasionally, but not every day. Try to include ⁶ in your diet. Natural foods like fresh fruit and vegetables are healthy. We need strong bones and teeth, so eat lots of ⁷ like cheese and yogurt. You can also learn to cook! ⁸ food is fresh and good for you!



LISTENING



1. Listen and check

1) What does Mr. Brown usually have for breakfast?

 milk vegetable soup meat bread cereal fruits

2) What does Steven usually have for breakfast?

 an egg rice bacon cake hot chocolate a muffin

3) Who eats a healthy breakfast?

 Mr. Brown Steven**2**

Listen and circle true or false.



1) The boy has bread, a boiled egg, and milk for breakfast.

 True False

2) The girl has fruit and yogurt for lunch.

 True False

3) Potato chips, hamburgers, and pizzas are healthy foods.

 True False

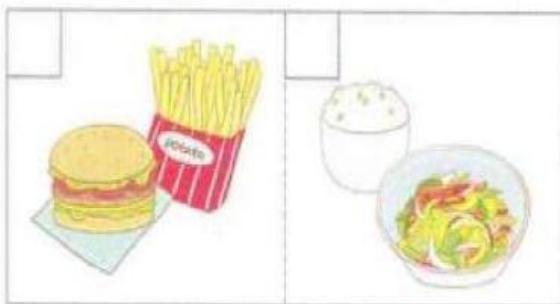
4) We should eat five pieces of fruit or vegetables a day.

 True False

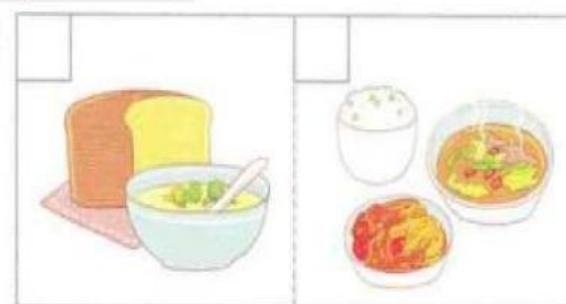
3 Listen and check the correct picture.



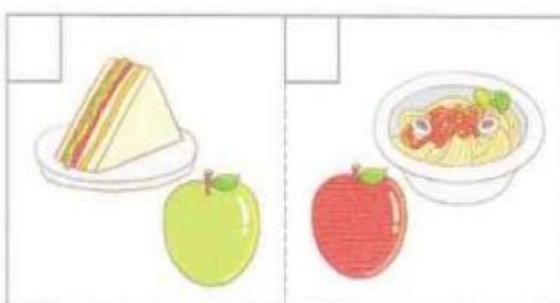
1)



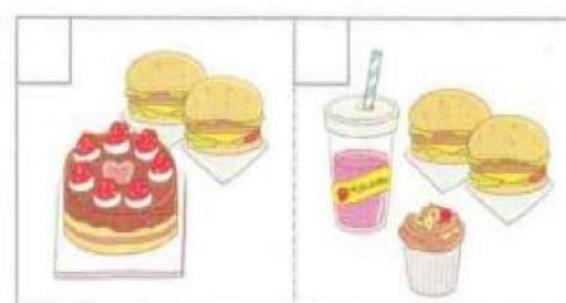
2)



3)



4)



4. Listen and write your answers



GRAMMAR

1

Complete the sentences. Write **said** or **told**.

- 1 Tanya told me she was watching a film that evening.
- 2 Zoe the weather was too bad to go out.
- 3 Our parents us we were going on holiday.
- 4 The teacher Lily her homework was very good.
- 5 She she was going out later.
- 6 They they weren't hungry yet.
- 7 Dad Dora was ill.
- 8 Mum Edward he looked better.

2

Complete the sentences. Change the tense and use the right time words.

- 1 There's no more work today.

He said there was no more work that day.

- 2 The programme is on tonight.

She said

- 3 The train is leaving now.

The man said

- 4 It's a hot summer this year.

The TV announcer said

- 5 I'm going home next week.

Helen said

- 6 The sun's out now.

Dad said