This exercise will help you review the different food groups we have learned about,and their benefits to our health.

1. **Match the food groups with the correct descriptions.**

Fruit and vegetables	*These should be eaten in moderation because they can be unhealthy and too many can lead to weight gain if eaten too often.*
Grains, cereals and potatoes	*These foods are packed with vitamins and minerals. They help keep our skin healthy, and give us fibre to help our digestion.*
Dairy	*These are a great source of protein. They help us grow taller and build, repair, and maintain our muscles.*
Meat,fish, nuts and eggs	*These are examples of carbohydrates. They give us energy.*
Fats and sugars	*These are rich in calcium and vitamin D. They help build strong bones and teeth.*

Use indefinite pronouns to complete the sentences. Use *someone, everyone,* and *nothing* to complete the sentences.

2. _____ should eat fruits and vegetables every day to stay healthy.
3. If _____ doesn't drink enough water, they could get dehydrated.
4. _____ is more important than having a balanced diet.

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Use modal verbs (need to, must or should) to complete the sentences

Should: 50%	Need to / needn't: 60%-80%	Must: 100%
This is used to give advice.	This is used to express obligation or no obligation to do something.	This is used to express obligation.

5. If you have a fever, you _____rest and drink plenty of fluids.
6. You _____ _____ wash your hands regularly to prevent the spread of germs.
7. If you are feeling unwell, you _____ _____see a doctor.
8. To maintain good health, you _____ exercise regularly and eat a balanced diet.
9. If you have a chesty cough, you _____ _____wear a mask to protect others.

Circle the correct quantifier in the paragraph below about advice for healthy eating. Remember what you have learned about countable and uncountable nouns!

Countable nouns can be counted one by one. For example, you can have 1 apple, 2 apple**s**, or more.	*Uncountable nouns are like sand in a sandbox. You can't count sand one by one because there is so much of it, and it's all together.*

10. *Eating healthy is very important for everyone. We should always try to eat* ***(a few / a little)*** *fruits and* ***(a lot of/ as many)*** *vegetables every day. They provide us with the* ***(many / much)*** *vitamins and minerals that our bodies need. We can eat some junk food as a treat, but you should eat* ***(less / a lot)*** *sweets. Remember these foods have* ***(less / a lot of)*** *sugar and* ***(many / much)*** *unhealthy fats. Drinking* ***(as many / a lot)*** *of water everyday is also important. Don't forget that* ***(a few / a little)*** *exercise and* ***(a few / a little)*** *good foods can keep you healthy and happy!*

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