



Name:

Class: 4.....

Date:

Unit 1 – How can we eat well?

VOCABULARY 1

1 Unscramble the words.

- | | |
|---------------------|-----------------------|
| 1. mnreilas | 6. riyad |
| 2. uicmcla | 7. bcayrdhoacts |
| 3. tienrpo | 8. rbfei |
| 4. itmvanis | 9. tburte |
| 5. vtgeeelbas | 10. salf |

2 Choose words from Exercise 1 to fill in the blanks below.

- helps food move through your body.
- in dairy products is good for your bone and your teeth.
- My favorite are carrot and onions.
- We get from meat and fish.
- Oil and butter contains good
- Calcium and iron are kinds of
- Don't eat too much like cheese, butter, and cream.
- in bread and pasta give us energy.
- Fruits give us a good intake of
- My mom spreads on bread.

3 Look and choose.

- My grandma plants a lot of **vegetables / fibre** like potatoes and cabbages in the garden.
- Protein / minerals** in meat, egg and fish helps your body grow and be strong.
- Eating **vitamins / carbohydrates** before playing sports gives you more energy.
- Oil / fiber** from plants like olive and palm is good for your health.
- Protein / Fat** keeps us warm and restores energy.
- There's a lot of **fiber / calcium** in vegetables and fruits.
- Iron / Dairy** is an important mineral for your body.
- Butter / Oil** is a kind of fat which is solid.

4 Odd one out

- | | | | |
|----------------|-------------|------------|--------------|
| 1. A. bread | B. pasta | C. orange | D. cereal |
| 2. A. dairy | B. butter | C. cheese | D. milk |
| 3. A. mineral | B. protein | C. fiber | D. vegetable |
| 4. A. oil | B. cream | C. butter | D. fat |
| 5. A. minerals | B. vitamins | C. protein | D. nutrients |