Name: .....

Class: 4.....

Date: .....

Unit 1 – How can we eat well?

VOCABULARY 1

***

❶ Unscramble the words.

1. mnreilas .....
2. uicmcla .....
3. tienrpo .....
4. itmvanis .....
5. vtgeeelbas .....
6. riyad .....
7. bcayrdhoaets .....
8. rbfei .....
9. tburte .....
10. satf .....

❷ Choose words from Exercise ❶ to fill in the blanks below.

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

❸ Look and choose.

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

❹ 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

LIVEWORKSHEETS