

3

A healthy lunch



fruit



vegetables



apricot



cucumber



broccoli

Reading

1 Read and listen.

Look in your lunch box. What have you got? Have you got fruit? Have you got vegetables? It's always good to eat fruit and vegetables.

Healthy food

Eat something from each group every day.



carrots
salad broccoli
cucumber

apples
apricots bananas
grapes



bread
rice

fish
chicken eggs
cheese



Healthy drinks are water, juice and milk.

Unhealthy food

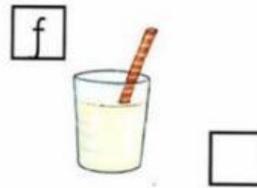
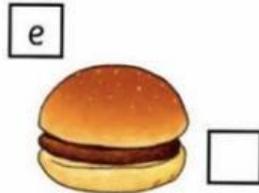
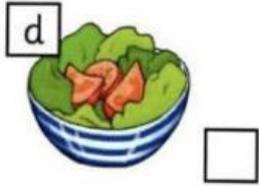
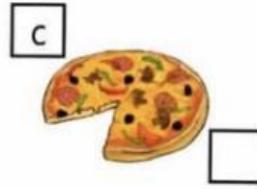
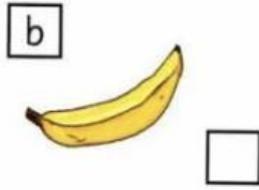
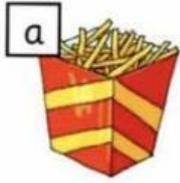
You can eat these things, but don't eat them every day.

fries
burgers pizza
ice cream



Comprehension

2 Are these foods healthy (✓) or unhealthy (✗)?



3 Write the food and drink in the table.

apples broccoli cucumber water grapes
apricots milk salad juice

Fruit	Vegetables	Drinks
apples		

4 Read and answer with *Yes, he/she has.* or *No, he/she hasn't.*

1 I've got an apple, a salad and a cheese sandwich.

Has he got a healthy lunch?

Yes, he has.

2 I've got a burger, fries and a milkshake.

Has she got a healthy lunch?

3 I've got fish with rice, grapes and cucumber.

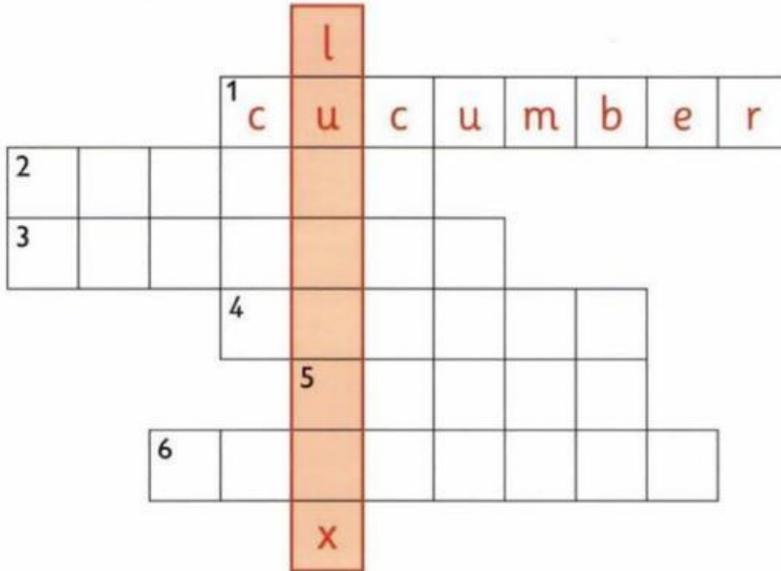
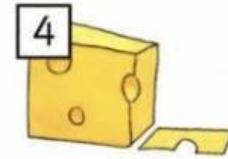
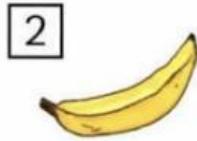
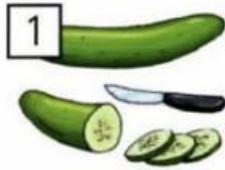
Has she got a healthy lunch?

4 I've got pizza and ice cream.

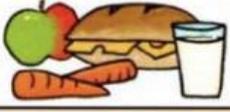
Has he got a healthy lunch?

Vocabulary

5 Complete the puzzle. What's the secret word?



Writing

My healthy lunch plan	
Monday	
Tuesday	
Wednesday	

– What have you got for lunch on Monday?

On Monday I've got a chicken sandwich.

I've got some broccoli and a banana.

I've got juice to drink.

– What have you got for lunch on Tuesday?

On Tuesday I've got a fish sandwich.

I've got some salad and an apricot.

I've got water to drink.

7 Write the sentences with capital letters and full stops.

1 i've got a chicken sandwich on monday

I've got a chicken sandwich on Monday.

2 on tuesday she's got an apple

3 she's got water to drink on wednesday

4 he's got some broccoli on monday

8 Write about the lunch plan for Wednesday.

– What _____

(sandwich) _____

(fruit) _____

(vegetable) _____

(drink) _____