

vocabulary

FOOD AND NUTRITION



A) WHICH TWO ADJECTIVES DESCRIBE THE FOODS?

- 1 Chips: salty ♦ healthy ♦ wholemeal ♦ fried
- 2 Ice cream: raw ♦ sweet ♦ cooked ♦ frozen
- 3 Salad: healthy ♦ boiled ♦ raw ♦ baked
- 4 Lemons: sour ♦ fresh ♦ spicy ♦ salty

B) COMPLETE THE SENTENCES WITH WORDS FROM THE BOX.

protein ♦ calories ♦ vitamins and minerals ♦ carbohydrates

- 1 Sweets have got a lot of .
- 2 Bread has got a lot of .
- 3 Fish and eggs have got .
- 4 Fruit and vegetables contain lots of .

C) CHOOSE AND FILL IN THE GAPS TO COMPLETE THE SENTENCES.

- 1 bread is usually brown. (Wholemeal / Baked / Carbohydrate)
- 2 Some athletes eat a lot of before a race. (calories / minerals / carbohydrates)
- 3 These biscuits aren't . They are a week old. (frozen / fried / fresh)
- 4 You should cook the eggs. It's unhealthy to eat them . (spicy / boiled / raw)
- 5 Lemons and grapefruits are very . (salty / sour / sweet)
- 6 Your face is red. Is that food too for you? (baked / acid / spicy)
- 7 A teenage boy should have about 2,500 a day. (vitamins / calories / minerals)
- 8 Ice is water. (fresh / frozen / raw)