What is the relationship between health and food?

1. Read the following list and tick what we should do to be healthy.

_____ Eating fish, chicken, dairy products and eggs everyday.

_____ Eating fish, chicken, dairy products and eggs in moderation.

_____ Eating fresh and seasonal foods.

_____ Eating processed foods.

_____ Using butter to fry food.

_____ Using olive oil.

_____ Only drink “energy drinks”.

_____ Make water your drink of choice.

_____ Doing physical exercise.

_____ Sitting on the couch all day playing video games.

LIVEWORKSHEETS