

WORKSHEET

Class: Canada
FF1 – Unit 12



Teacher's feedback



Task 1: Match the food with its fact. Write the correct food next to each sentence.

rice

meat

carrot

yogurt

fish

bread

1. It's made from flour, water, and yeast.

→ _____

2. It helps your brain and has low fat.

→ _____

3. It's orange, crunchy, and good for skin.

→ _____

4. It gives vitamins and is in every Vietnamese meal.

→ _____

5. It's made from milk and gives calcium.

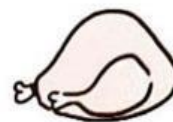
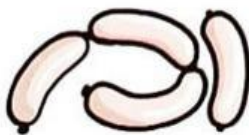
→ _____

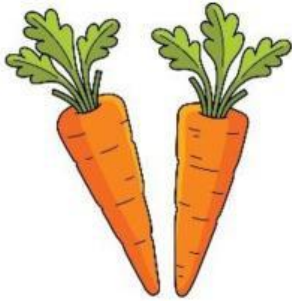
6. It gives us protein and can be cooked many ways.

→ _____



Task 2: Lucy's mum is at a shop. Listen and circle the things she buys.




Task 3: Listening – Number and Fill in the Blanks.

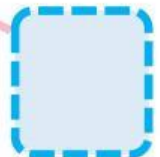
Crunch__
__asty



__rotein
Nu__rients



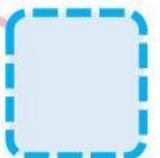
Energy



Good for __rain



__itamins
Mi__erals



P__otein
Calciu__

**Task 4: Read the text and choose the correct answers.****Healthy Food**

Hello! My name is Hana. I like eating healthy food.

In the morning, I eat bread and drink milk. Bread gives me energy to start my day.

At lunch, I eat rice, meat, and carrots. Meat gives me protein and carrots are good for my skin. I also drink juice. It is sweet and healthy.

In the evening, I eat fish and vegetables. Fish is good for my brain. I also eat yogurt. It is made from milk and has calcium.

I don't like candy or soda. They are not good for my health!

1. What does Hana drink in the morning?
a) Juice b) Milk c) Soda
2. What does meat give her?
a) Energy b) Calcium c) Protein
3. What food is good for her brain?
a) Yogurt b) Fish c) Rice
4. What does she eat in the evening?
a) Bread and carrots b) Fish and yogurt c) Candy and soda
5. What doesn't she like?
a) Carrots b) Juice c) Candy