

1 Odd one out. Find one word in each column which doesn't belong there.

THE HEALTHY KIDS' MENU

BREAKFAST	LUNCH	DINNER	SNACK	DRINKS
Cereal with milk	Noodles with chicken	Pizza	Sandwiches	Orange juice
Fruit salad	Rice and vegetables	Grilled vegetables	Peanuts	Cola
Bacon and eggs	Fish and chips	Fish	Banana	Tea
Cornflakes	Spaghetti	Chicken	Crisps	Coffee
Chocolate biscuits	Soup	Salad	Yoghurt	Water

3 Read the text on page 45 in your SB and mark the sentences 'T' (true) or 'F' (false).

- The children are having Science.
- The teacher is talking about healthy food.
- Brown bread and fruit are rich in minerals.
- We need vitamins for our eyes and skin.
- There are minerals in eggs, milk, cheese and vegetables.
- Minerals are not important for our teeth and bones.
- We should never skip breakfast because it is the most important meal.
- We have to drink three glasses of water every day.