School name: Centro Escolar 15 de Septiembre Zacatecoluca Date: _____

Student's Name:_____ Score: _____

HEALTHY FOOD

Activity 1: Read the following passage carefully and then write the correct answers to the questions.

Every day, my mom gives me healthy food. In the morning, she usually gives me apples or bananas. I like sweet fruits for breakfast. I also eat carrots and broccoli at lunch; those are my favorite vegetables. I try to drink a lot of water and not drink soda, because soda is unhealty.



- What fruit is given in the morning?
- What vegetables are eaten at lunch?
- What drink is healthy?
- What is not healthy?
- Who gives healthy food every day



LIVEWORKSHEETS

Activity 2: Intensive Listening AUDIO # 1



Listen carefully. Select the word you hear.

Apple	Carrot
Banana	Tomato
Milk	Candy
Soda	Bread
Juice	Water





Activity 3: Selective Listening AUDIO # 2

Listen carefully to the recording. Put a check mark ✓ in the box next to the correct answer.

1. What fruit should you take from the table?
- □ Apple
- □ Banana
- □ Orange

2. What should you wash before eating?
- □ Carrot
- □ Bread
- □ Tomato

3. What drink should you pour and drink slowly?
- □ Soda
- □ Milk
- □ Juice

4. What should you not buy at the store?
- □ Candy
- □ Rice
- □ Water

5. What should you eat every day to stay strong?
- □ Fruits and vegetables
- □ Chips and soda
- □ Ice cream

LIVEWORKSHEETS

Activity 4: Extensive Listening AUDIO # 3

Listen carefully to the story. Draw a line to match each question with the correct answer.

1. Where does Tom go?	He chooses carrots because they are good for him.
2. What fruit does Tom buy?	He goes to the market near his house.
3. What vegetable does Tom buy?	He does not buy candy, even though he sees it at the store.
4. What does Tom drink at home?	He drinks a glass of milk with his lunch.
5. What does Tom not buy?	He buys bananas to eat healthy food.

Activity 5: Writing part
Restaurant Review

Imagine you visited a healthy restaurant. Write a review describing the food, atmosphere, and why others should try it.



LIVEWORKSHEETS

Activity 6: Speaking part
My daily plate



Record yourself describing your typical breakfast, lunch, and dinner. Include at least one healthy and one unhealthy item.



VS



Activity 7: My healthy opinion



VS



Record yourself comparing two foods (e.g., soda vs. water, fast food vs. homemade meals) and explain which is healthier and why.

LIVEWORKSHEETS