

# UNIT 3 – Food & Health

## REVIEW WORKSHEET · Vocabulary & Grammar

<b>Name:</b>	
<b>Class:</b>	
<b>Date:</b>	

### PART A – Food Vocabulary

**Exercise A1** Match each food word with its correct category.

Write the letter (A–F) next to each word.

A = Fruit   B = Protein   C = Dairy & Drinks   D = Carbs   E = Vegetables   F = Sweets & Snacks

1. chicken	2. orange	3. yogurt	
4. toast	5. broccoli	6. ice cream	
7. tuna	8. grapes	9. butter	
10. noodles	11. lettuce	12. crisps	

**Exercise A2** Circle the odd one out and write WHY it is different.

*Example: apple / banana / chicken / grapes → chicken (it is a protein, not a fruit)*

1. milk / water / juice / carrot Odd one out: _____ because: _____	2. bread / rice / pasta / yogurt Odd one out: _____ because: _____
3. apple / banana / chicken / grapes Odd one out: _____ because: _____	4. tomato / lettuce / carrot / chocolate Odd one out: _____ because: _____
5. cake / biscuits / chips / broccoli Odd one out: _____ because: _____	6. coffee / tea / milk / burger Odd one out: _____ because: _____




## PART B – Meals of the Day

**Exercise B1** Write the correct meal: breakfast, lunch, snack or dinner.

1. I eat pasta and salad at 14:00. → \_\_\_\_\_
2. I have cereal with milk before school. → \_\_\_\_\_
3. I have a yogurt and fruit at 17:30. → \_\_\_\_\_
4. My family eats soup and fish together at 21:00. → \_\_\_\_\_

**Exercise B2** Write ONE food or drink you eat / drink at each meal.

Write a full sentence for each meal.

 <b>Breakfast</b>	For breakfast, I usually eat / drink _____
 <b>Lunch</b>	For lunch, I usually have _____
 <b>Snack</b>	For my snack, I eat / drink _____
 <b>Dinner</b>	For dinner, my family usually has _____

## PART C – Countable & Uncountable Nouns

**Exercise C1** Write C (countable) or U (uncountable) for each word.

Milk	egg	butter	
Orange	sugar	tomato	
Bread	strawberry	pasta	
Onion	water	cheese	
biscuit	rice	yogurt	
Lentils	honey	avocado	

## PART D – Healthy Habits

**Exercise D1** Write G (good habit) or B (bad habit).

I eat five portions of fruit and vegetables every day.	
I drink three cans of cola every day.	
I have breakfast every morning before school.	
I eat chips and burgers for lunch every day.	
I play sport three times a week.	
I go to bed at 3:00 in the morning.	
I drink 8 glasses of water every day.	
I skip breakfast because I am not hungry.	

**Exercise D2** Write 4 sentences about your OWN habits using I + verb.

Include 2 good habits and 2 bad habits (real or imaginary!).

*Example: I drink 8 glasses of water every day. / I eat too many biscuits.*

Good habit 1: \_\_\_\_\_

Good habit 2: \_\_\_\_\_

Bad habit 1: \_\_\_\_\_

Bad habit 2: \_\_\_\_\_

## PART E – Grammar

**Exercise E1** Circle the correct word: some or any.

1. Is there [ some / any ] orange juice in the fridge?
2. I'd like [ some / any ] water, please.
3. We don't have [ some / any ] biscuits left.

**Exercise E2** Write much or many.

1. How \_\_\_\_\_ sugar do you put in your tea?
2. How \_\_\_\_\_ apples are in the bowl?
3. I don't eat \_\_\_\_\_ rice.
4. She doesn't drink \_\_\_\_\_ coffee.

**Exercise E3** Complete the sentences with the correct form: verb + -ing.

---

1. I \_\_\_\_\_ (love / cook) dinner with my family.
2. She \_\_\_\_\_ (hate / eat) vegetables. Yuck!
3. We \_\_\_\_\_ (like / drink) fresh orange juice.
4. He \_\_\_\_\_ (not like / eat) spicy food.

**Exercise E4** Circle the correct verb form.

---

1. Look! She [ eats / is eating ] a banana right now.
2. They [ usually have / are usually having ] soup for dinner.
3. He [ never drinks / is never drinking ] coffee.

**Great work! Remember to check your answers! 🌟**

*Unit 3 – Food & Health · Review Worksheet*