

Lessons 3–4 **The Mediterranean way**

- What kind of food do you enjoy eating?
- What kinds of food do you think are healthy and unhealthy?

Vocabulary

- 1 Label the pyramid with the headings A–F.

- A Drink water
- B Meats and sweets
- C Fruit, vegetables, grains, beans, nuts, and seeds
- D Physical activity
- E Fish and seafood
- F Poultry, eggs, cheese and yoghurt

