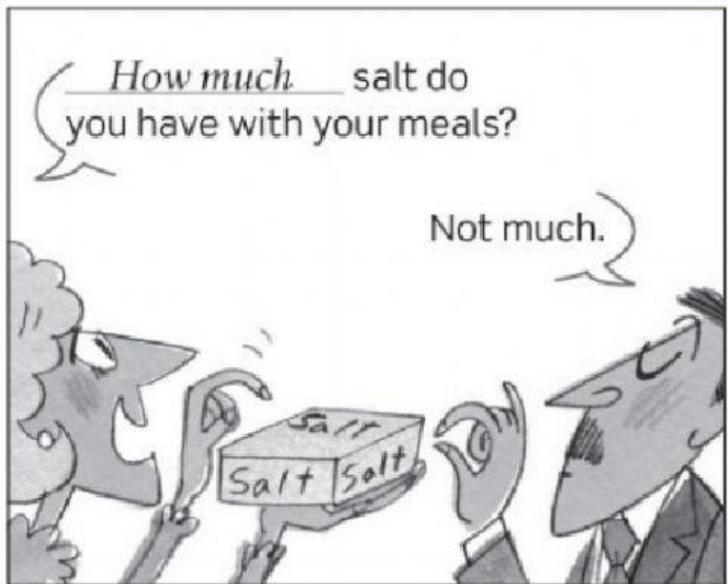
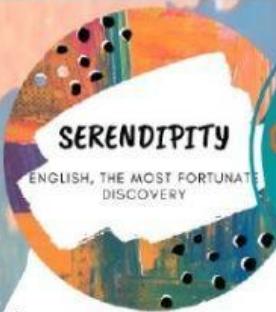
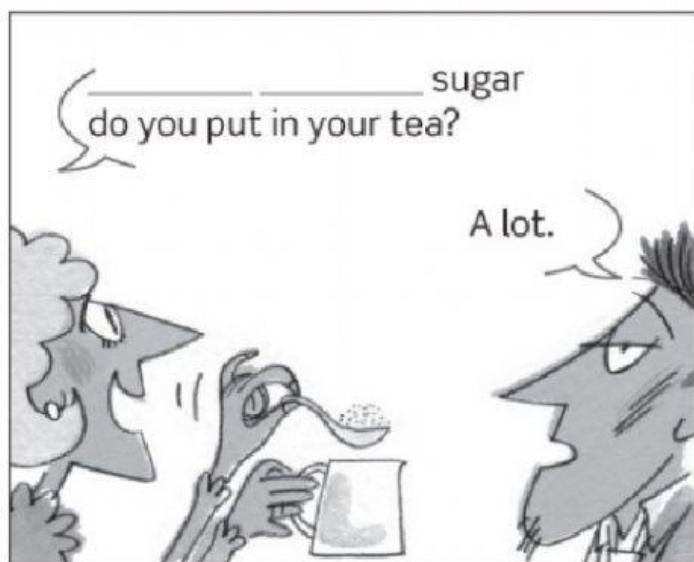


Language in Practice

a Complete the questions. Then complete the sentences.



1 He *doesn't have much salt with his meals.*

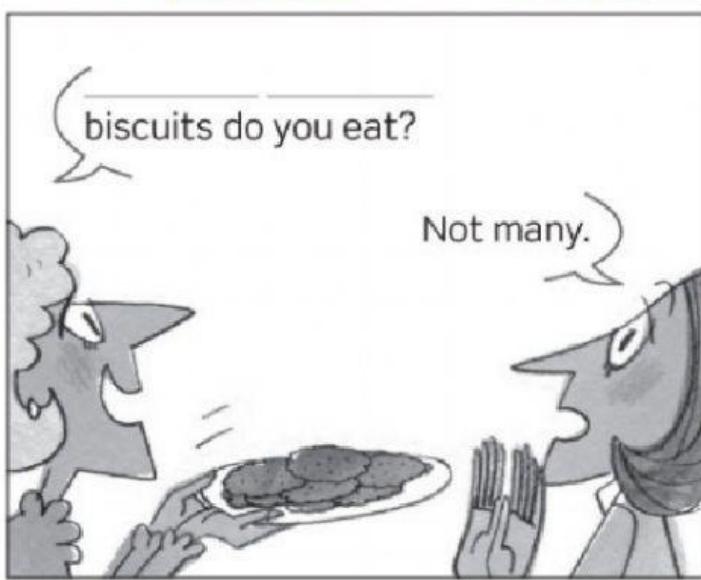


2 He _____.

Language in Practice

SERENDIPITY
ENGLISH, THE MOST FORTUNATE
DISCOVERY

OPPORTUNITIES
English!



3 She _____



4 He _____

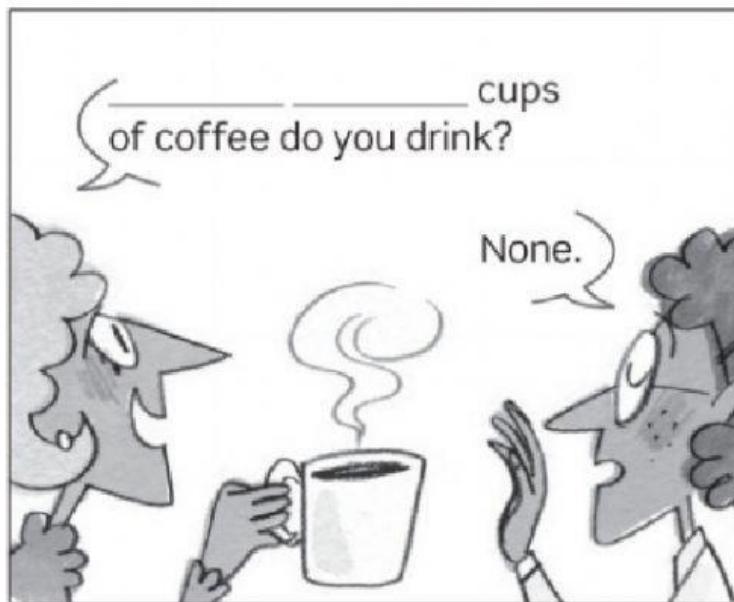
Language in Practice

SERENDIPITY
ENGLISH, THE MOST FORTUNATE
DISCOVERY

OPPORTUNITIES
English!



5 He _____
_____.



6 She _____
_____.

Language in Practice

SERENDIPITY
ENGLISH, THE MOST FORTUNATE
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English!

b Read the information and write questions.

FOOD FACTS

There is 23g of sugar in an orange.

There are about 125 calories in a banana.

There are about 18 oranges in a carton of orange juice.

There is 1.2g of salt in a bowl of cereal.

There are six eggs in a box.

There is 454g of jam in a jar.

1 How much sugar is there in an orange?

Answer: 23g.

2 ?

Answer: About 125.

3 ?

Answer: About 18.

4 ?

Answer: 1.2g.

5 ?

Answer: six.

6 ?

Answer: 454g

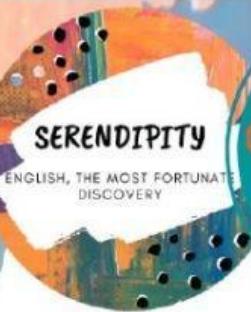
Language in Practice

c Unscramble the words to make food containers.

- 1 rja
- 2 bxo
- 3 rncoat
- 4 nit
- 5 cpeatk
- 6 nca
- 7 totble

d Complete the sentences with a container from c.

- 1 She was thirsty, so she bought a of fizzy drink.
- 2 Do you need the scissors to open the of juice?
- 3 He took the of strawberry jam out of the cupboard.
- 4 There is a small of crisps in that big bag.
- 5 We always take a of water when we go for a walk.
- 6 They made some sandwiches with a of tuna.
- 7 I gave her a of chocolates to say thank you.



Language in Practice

e Choose the word with a different sound.

 snake	1 sugar salad cereal
 shower	2 sure fresh salt
 snake	3 rice shopping science
 shower	4 short information centre

f Listen to the radio show about food groups. Complete the examples of the groups.



1 **carbohydrates:** bread, pasta,
....., potatoes

2 **fruits and vegetables:** apples, oranges,
....., carrots

3 **protein:** meat,

4 **milk and dairy:**,
yoghurt

5 **fats and sugars:** cakes,
....., sweets, crisps

Language in Practice

SERENDIPITY
ENGLISH, THE MOST FORTUNATE
DISCOVERY

OPPORTUNITIES
English!

g Listen again. Complete the gaps with one word.

- 1 Carbohydrates give us
- 2 Fruits and vegetables contain important
- 3 Protein helps our bodies to and repair.
- 4 Milk and dairy are important for our bones and
- 5 You should eat fats and sugars or a week.

USEFUL WORDS AND PHRASES

Learn these words and phrases.

- gold
- spoon
- vitamins
- fresh
- spoonful
- instead of