

# Language in Practice

SERENDIPITY

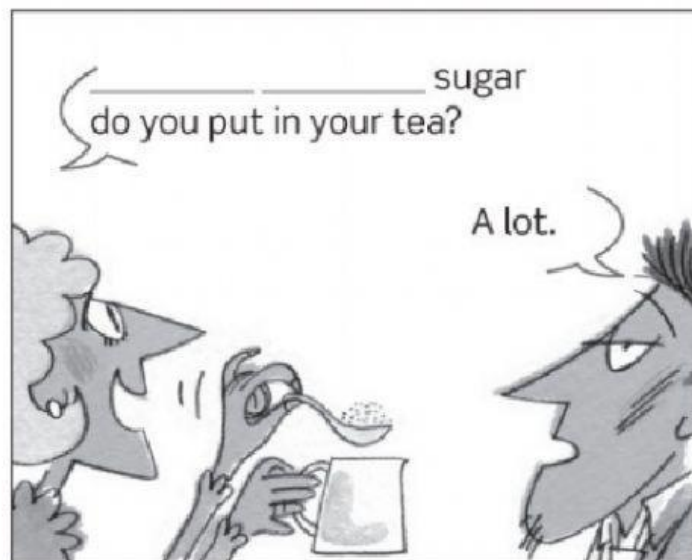
ENGLISH, THE MOST FORTUNATE  
DISCOVERY

OPPORTUNITIES  
English!

a Complete the questions. Then complete the sentences.



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



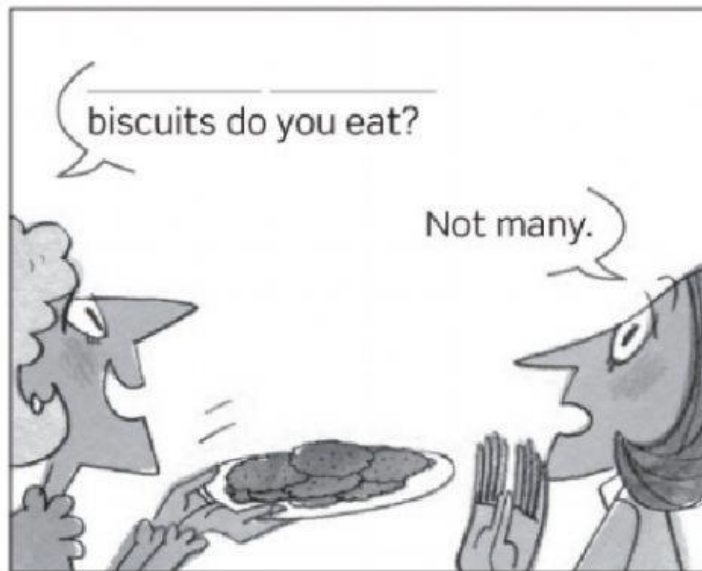
2 He \_\_\_\_\_  
\_\_\_\_\_.

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3 She \_\_\_\_\_  
\_\_\_\_\_.



4 He \_\_\_\_\_  
\_\_\_\_\_.

# Language in Practice

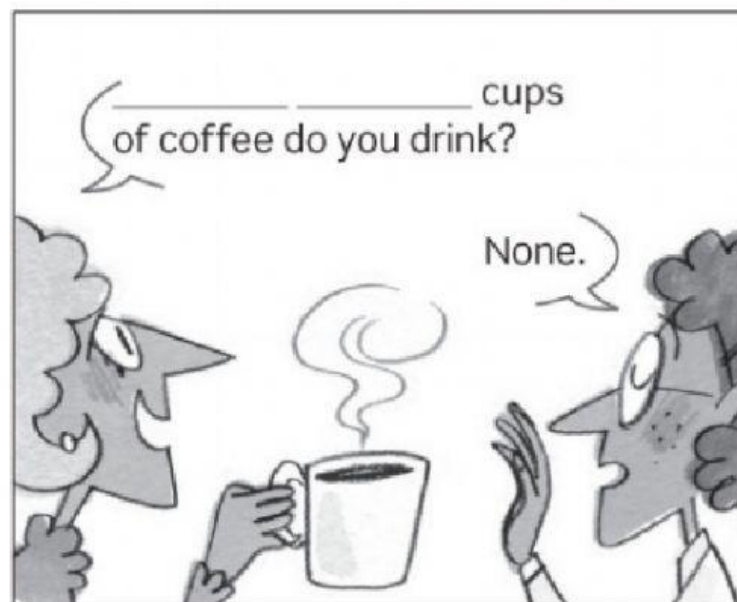
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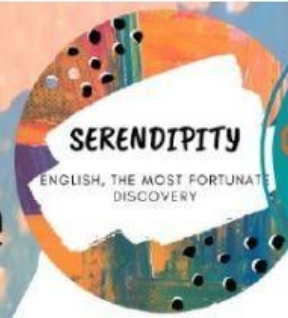
5 He \_\_\_\_\_  
\_\_\_\_\_.



6 She \_\_\_\_\_  
\_\_\_\_\_.



# Language in Practice



OPPORTUNITIES  
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

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c Unscramble the words to make food containers.

1 rja

2 bxo

3 rncat

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.

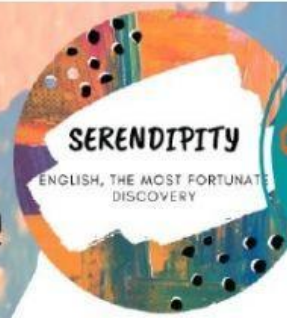
5 We always take a ..... of water when we go for a walk.

6 They made some sandwiches with a ..... of tuna.

7 I gave her a ..... of chocolates to say thank you.







# Language in Practice



OPPORTUNITIES  
English!

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

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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