

FOOD

1. Listen and repeat the words.



aubergine



beef



beetroot



blueberries



butter



celery



cocoa



cottage cheese



currants



grapes



instant coffee



lamb ribs



lettuce



lime



lobster



mussels



oysters



peach



pear



plums



pork



prawns



raspberries



salami



salmon



sardines



sour cream



sparkling water



trout



tuna



wine



yoghurt

2. Drag the words into the correct group.

aubergine beef beetroot blueberries butter celery cocoa
cottage cheese currants grapes instant coffee lamb ribs
lettuce lime lobster mussels oyster peach pear plums
pork prawns raspberries salami salmon sardines
sour cream sparkling water tuna wine yoghurt

Berries	Dairy products	Drinks	Fish
Fruit	Meat	Seafood	Vegetables

3. Choose the odd one out.

A. 1) black / raw / instant / filtered coffee
2) steamed / boiled / grilled / fried rice
3) fake / cold / sparkling / still water
4) roast / fried / scrambled / grilled chicken
5) boiled / scrambled / fried / instant eggs

B. 1) a bag of shopping / potatoes / water / apples
2) a box of chocolates / cakes / flour / cereal
3) a bottle of water / wine / soup / milk
4) a tin of sardines / peas / sugar / biscuits
5) a packet of crisps / apples / peanuts / sweets

4. Choose the correct word to complete the gaps.

- 1) You need **protein** to grow. You can find it in meat, eggs and milk.
- 2) **fat** helps to store energy in your body. You can find it in butter and oil.
- 3) You need **vitamins** to be healthy. You can find them in fruit and vegetables.
- 4) **minerals** are formed naturally in rocks or the earth and are found in small quantities in food and drinks.
- 5) **fiber** helps food pass through the body quickly. It is parts of plants and seeds that your body cannot digest.