

Name: _____

Date: _____

Grade: _____

Are you a healthy eater? - Activity

1. Complete the questions with: How many or How much.

ARE YOU A HEALTHY EATER?

1 How many meals do we need every day?	5 How many snacks do we need every day?
A two	A one
B three	B two
2 How many fruit and vegetables do we need every day?	6 How much sugar do we need every day?
A 3 fruit and 3 vegetables	A a lot
B 2 fruit and 3 vegetables	B not much
3 How much milk do we need every day?	7 How much bread do we need every day?
A 3 glasses	A 1 – 2 slices
B 2 glasses	B 4 – 6 slices
4 How many glasses of water do we need every day?	8 How much vitamin C is there in oranges?
A 2 – 4 glasses	A not much
B 8 – 10 glasses	B a lot



2. Answer the questions choosing A or B.

ARE YOU A HEALTHY EATER?

1 How many meals do we need every day?
A two B three

2 How many fruit and vegetables do we need every day?
A 3 fruit and 3 vegetables
B 2 fruit and 3 vegetables

3 How much milk do we need every day?
A 3 glasses B 2 glasses

4 How many glasses of water do we need every day?
A 2 – 4 glasses B 8 – 10 glasses

5 How many snacks do we need every day?
A one B two

6 How much sugar do we need every day?
A a lot B not much

7 How much bread do we need every day?
A 1 – 2 slices B 4 – 6 slices

8 How much vitamin C is there in oranges?
A not much B a lot

Mostly As: You need to be more careful about what you eat!

Mostly Bs: Well done! You are a healthy eater!

