

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?

- A two                      B three

2  fruit and vegetables do we need every day? ...

- A 3 fruit and 3 vegetables  
B 2 fruit and 3 vegetables

3  milk do we need every day? ...

- A 3 glasses              B 2 glasses

4  glasses of water do we need every day? ...

- A 2 – 4 glasses        B 8 – 10 glasses

5  snacks do we need every day? ...

- A one                      B two

6  sugar do we need every day? ...

- A a lot                    B not much

7  bread do we need every day? ...



- A 1 – 2 slices        B 4 – 6 slices

8  vitamin C is there in oranges? ...

- A not much              B a lot

## 2. Answer the questions choosing A or B.

### ARE YOU A HEALTHY EATER?

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