

# **Healthy and unhealthy food**

**SATURDAY, 11<sup>TH</sup> SEPTEMBER 2021**

**9.15 - 10.15AM**

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## **English Year 3**

# Saturday, 11<sup>th</sup> September 2021

## UNIT 2 – FOOD AND BODY CARE

Learning  
Objective

→ We are learning to answer questions about the food groups.

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Steps to  
Success

- ✓ Read the slides about the *Food Groups*.
- ✓ Choose the correct answer.

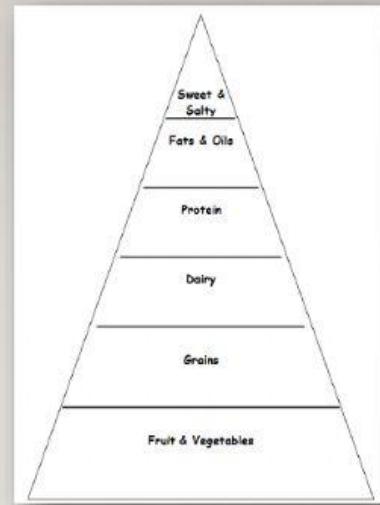
## Vocabulary of the day

### Activity 1:

Draw lines and match the word to the correct meaning.

word	meaning
healthy	Milk, cheese.
unhealthy	Foods like chips are salty.
pyramid	A building with triangle walls.
grains	Found in butter and salad dressing
dairy	Strong and active.
protein	Found in meat, nuts and eggs.
Fats and Oils	Bread, rice and pasta.
sweet	Foods like candy and cake are sweet.
salty	Sick

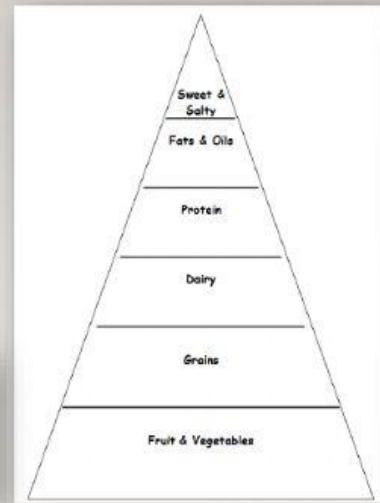
## Shared reading:



Dairy is third. This food group includes milk, cheese and yoghurt.

We should eat some dairy every day. These foods keep our bones and teeth strong and healthy.

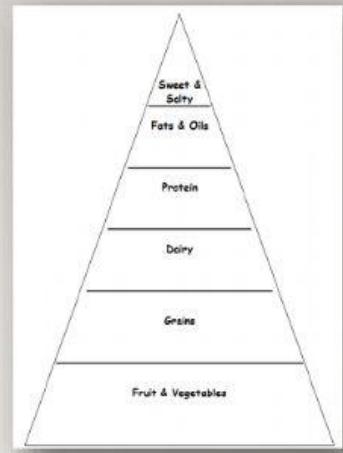
## Shared reading:



**Protein is fourth.**

This food group includes meat, beans, nuts and fish. We should eat some protein every day to help build muscles.

## Shared reading:



**Sweet and salty foods** are at the top. They have a lot of sugar and salt such as candy, fizzy drinks, chips and cake.

We can eat this food sometimes but not every day. Too much will make you **unhealthy and fat**.

## Activity 2:

- Identify which food are dairy, protein, fats and oils; sweet and salty.
- Drag the food to the correct column.



Dairy	Protein	Fats and Oils	Sweet and Salty

### Activity 3:

Rearrange the words to make a correct sentence.

keep our	strong	Dairy food	bones and teeth	and healthy.

build	Protein	muscles.	help

you	Sweet and salty foods	unhealthy	will make	and fat.

## Activity 4:

### Answer the questions:

1. These food includes in Dairy food group.
2. Why do we need to eat some dairy?
3. In which group do meat, beans, nuts and fish belongs to?
4. Why do we need to eat protein?
5. What happen if we eat too much sweet and salty foods?

Thank you for attending class!  
Take care and stay safe

 **LIVEWORKSHEETS**