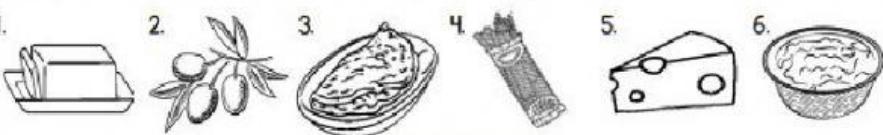
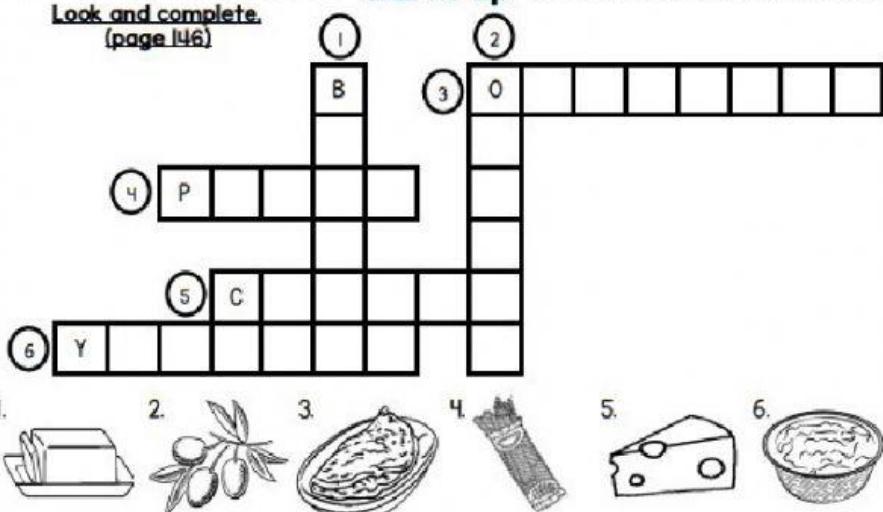


WATCH THE  
VIDEO

## VIDEO WORKSHEET (EPISODE 5)

*Eating right*

## Warm-up

Look and complete.  
(page 146)

## While Watching

Watch Part 2 and tick (✓) what the kids use to make an omelette. (page 147)



Watch Part 2 again. Read and write Yes or No.

1	Does Jack want to have lunch?	
2	Does Jack cook with his mum?	
3	Is there any cheese?	
4	Do they have ten eggs?	
5	Is salad Dad's favourite food?	
6	Does the family eat together?	

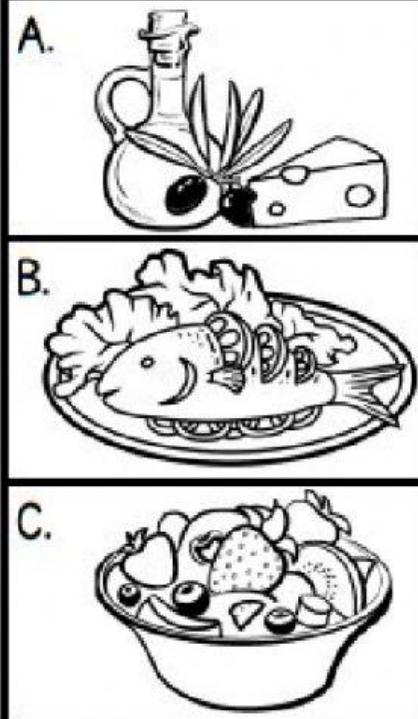
.....While Watching.....

Watch Part 3. Look and match. (page 147)

1. Breakfast

2. Lunch

3. Dinner



Watch Part 3 again. Read and circle. (page 147)

- 1 The video is about **healthy/unhealthy** food.
- 2 The people from the Mediterranean eat a lot of **meat/fish**.
- 3 Fruit is part of the Mediterranean **breakfast/lunch**.
- 4 The oil used is made from **vegetables/olives**.
- 5 People in Mediterranean have **three/four** meals a day.