

# VEGETABLES

## 1. Unscramble the names of vegetables

- 1 - PNTIUR \_\_\_\_\_
- 2 - TOOMTA \_\_\_\_\_
- 3 - OTTAPO \_\_\_\_\_
- 4 - RPEPPE \_\_\_\_\_
- 5 - ONRC \_\_\_\_\_
- 6 - GLRCIA \_\_\_\_\_
- 7 - NRCIOFLLEEU \_\_\_\_\_
- 8 - RCBEUCMU \_\_\_\_\_
- 9 - IOONN \_\_\_\_\_
- 10 - NCHZUICI \_\_\_\_\_
- 11 - EBET \_\_\_\_\_
- 12 - KPUMNIP \_\_\_\_\_

## 2. Guess a riddle

<p>I'm red but I'm not a stop sign I contain seeds but I'm not a pepper I'm often round but I'm not a cherry I sometimes grow on vines but I'm not a grape I'm used to make sauce but I'm not a chili I'm used to make salsa but I'm not an onion</p> <input type="text"/>	<p>This is grown underground But has skin and eyes It can be eaten mashed Roasted or as fries</p> <input type="text"/>
<p>This is a root vegetable That can be red, white or green It can make you cry a lot Even though it is not mean</p> <input type="text"/>	<p>Rabbits like to eat me When I grow in a field This orange vegetable Tastes best when it is peeled</p> <input type="text"/>

## EATING VEGETABLES

Vegetables (to be) \_\_\_\_\_ very good for our health. Everybody should eat them regularly.

First, you (not to cook) \_\_\_\_\_ always \_\_\_\_\_ them. You can (to eat) \_\_\_\_\_ some of them raw and fresh. Those (to be) \_\_\_\_\_:



Second, it (to be) \_\_\_\_\_ very easy to find. They (to grow) \_\_\_\_\_ everywhere.

Third, they (to have) \_\_\_\_\_ fiber that (to be) \_\_\_\_\_ good for digestion. In addition, vegetables (to have) \_\_\_\_\_ low calories. So, you (not to gain) \_\_\_\_\_ weight. Also, vegetables (to be) \_\_\_\_\_ rich in vitamins and minerals. Eating vegetables (to keep) \_\_\_\_\_ us fit and healthy.

### Word Bank

should eat - следует есть

very easy to find - легко найти

fiber - волокно

digestion - пищеварение

in addition - вдобавок

to gain weight - набирать вес, поправиться

to lose weight - похудеть

fit and healthy - стройный и здоровый

### Choose if the sentences are true or false

1. We should eat vegetables every day.
2. Potatoes can be eaten fresh and raw.
3. Vegetables is a high-calorie food.
4. Eat vegetables if you want to gain weight.
5. Vegetables are rich in vitamins and minerals.

<input type="checkbox"/>
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