ENGLISH FOR COMMUNICATION
FORM 4

NAME:

CLASS:

SMART EATING

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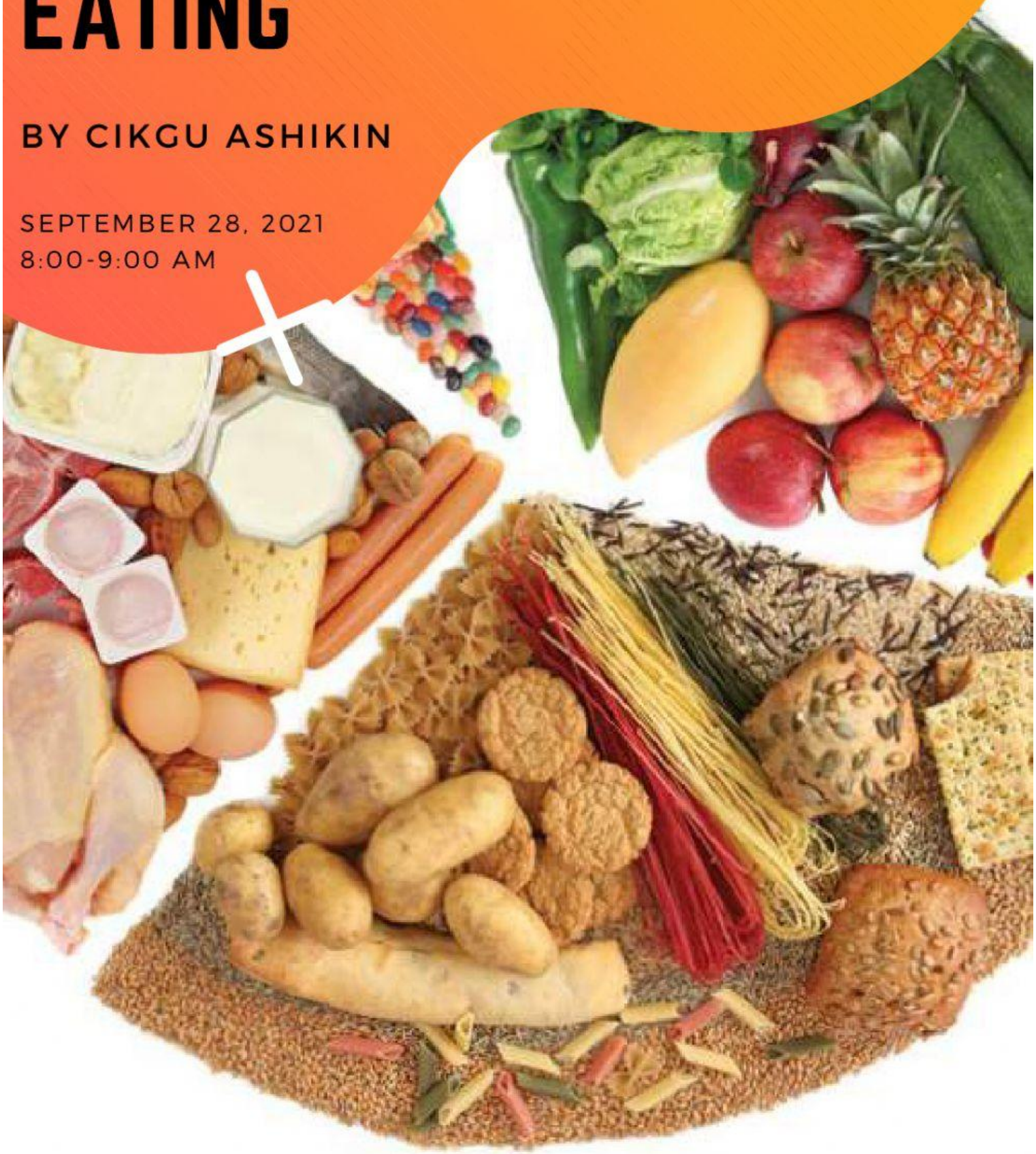
8:00-9:00 AM



LIVEWORKSHEETS

Read the dialogue below.

Lina: What is your opinion on a balanced meal, Dr. Ita?
Dr. Ita: A balanced meal should contain a proper amount of all the nutrients to maintain good health.
Lina: In that case, are fat and carbohydrate bad for our health?
Dr. Ita: No, Lina. Your body needs fat for muscle and cell growth. It could be found in many types of nuts, avocado and yogurt. Meanwhile, carbohydrate is the main source of energy for your body. So, you must also eat rice and bread too, Lina.
Lina: Rice? My favourite! So, what about protein?
Dr. Ita: Fish, chicken, beef and some beans are filled with protein to help keep your muscles strong.
Lina: Is it the same with cheese, milk and soy?
Dr. Ita: No, Lina. Cheese, milk and soy are full of calcium and you do need them to build strong bones.
Lina: I see. Is there anything else that we should eat to be healthy?
Dr. Ita: Of course! Do not forget to eat fruits because it contains fibre. Vegetables provide a lot of vitamins for your body. An apple a day keeps the doctor away!

LIVEWORKSHEETS

Put the foods in the basket.

LIVEWORKSHEETS

B. Based on the dialogue above answer the questions below.

1. Why we need fat?

2. Why we need protein?

3. Why we need calcium?

4. Why we need carbohydrate?

5. Why we need fruits and vegetables?

LIVEWORKSHEETS