



## 2nd Quim

NAME:	GRADE: <b>7th</b>	PROJECT: <b>4</b>	WEEK: <b>1</b>
DATE:	2021 - 2022		

### Take Care of Your Health



"Eat breakfast like a king, lunch like a prince, and dinner like a pauper."

#### BEFORE START:

Look at the pictures and try to guess the meaning



To select

Foods to include in a healthy lunch box.





1. Complete the chart with healthy foods. Write your own examples

Fresh fruits	
Vegetables	
Dairy food	
Grains and cereals	

2. Choose the four correct sentences:

✚ Doctors and nutritionists recommend:

- a. To do exercises
- b. To eat with family
- c. To drink coke
- d. To play computer games
- e. To eat in front of the tv
- f. To eat at the same time everyday
- g. To drink water.