

HEALTHY AND UNHEALTHY FOODS

1. Watch, listen to the video and complete the dialogue



Timmy: Where are you going Ivy?

Ivy: I am going to the . Do you want to come?

Timmy: Sure. What are you going to buy?

Ivy: I am going to buy some .

Timmy: What is healthy food?

Ivy: The food that is for your body.

Timmy: What is unhealthy food?

Ivy: The food that is for your body. I will show you in the supermarket.

Timmy and Ivy arrive at the supermarket.

Ivy: Bread is for our body. It is a food. I am getting some bread

Timmy: How about cakes?

They are so yummy. I am getting this big cake for .

Ivy: Cakes have too much sugar. They are an food put the cake back Timmy.

Timmy: What else is healthy food?

Ivy: Vegetables are food. Ivy says like carrots, broccoli, corn and .

Timmy: I don't like broccoli. Is there anything that is healthy and yummy?

Ivy: Sure! Fish are and yummy.

Timmy: I don't like fish either. How about some snacks? I like potato chips.

Ivy: Chips have too much salt. They are an food. Fruits are snacks she says like apples bananas oranges and . Which one do you like?

Timmy: I don't like any of them.

How about chicken? I like chicken legs. I heard they are a food.

Ivy: Yes, you are right. I'm getting a pack.

Timmy: Finally, you are getting something I like!

2. Listen comprehension. Watching the video above choose the correct sentence



Cakes have too much sugar. They are healthy food

Cakes have too much sugar. They are an unhealthy food



Vegetables are healthy food.

Vegetables are an unhealthy food.



Chips have too much salt. It's unhealthy for your body

Chips have too much salt. It's healthy for your body



Chicken legs are a healthy food.

Chicken legs are an unhealthy food.

3. Look, Identify the healthy food and the unhealthy food.



Unhealthy food!

Healthy food!



bread



Fish



chicken



chips



carrot



Corn



cake



Broccoli