

Module 5. Our Health.
Lesson 3. Healthy takeaway

Name _____

Class 6 “___”

1 Task. Write down new words in your dictionary.

2 Task. Read the text.



Healthy Takeaway UK!

Brits love takeaway food, but some dishes are healthier than others.

Chinese food
The first Chinese restaurant opened in London over a hundred years ago, and now it's one of the nation's favourite takeaways. But next time, try noodles with bean sprouts, which has very few calories compared to crispy duck pancakes or spring rolls.

Indian food
British people love curries. They spend £250 million a year on them – and they usually order too much food! Why not share your chicken tikka masala with a friend? And make sure you order boiled rice, which has very little fat, rather than fried rice.

Kebabs
Immigrants from Turkey and Cyprus brought kebabs to Britain. Now they're a favourite nighttime snack. But ask the owner just to put a bit of meat in the pitta bread, and fill it up with salad.

Ordering takeaway tonight?
Make a healthy choice!

3 Task.

Read again and complete the sentences.

- 1 The first Chinese restaurant opened in London over
- 2 Spring rolls have more calories than
- 3 Fried rice has more fat than
- 4 Brits often eat kebabs at

4 Task. Listen and complete the order.



1) ☐ soup

2) ☐ salad

2 bottles of 3) ☐

Price: 4) £ ☐

Address: 5) York Road