A. Look at the food pyramid. Which of the foods do you think you should eat more and which less? Listen, read and check your answers.

The food pyramid

1. This food group helps your teeth stay white and strong. ○
2. This food group gives you energy. ○
3. This food group makes your muscles strong. ○
4. You shouldn't eat a lot from this food group. ○
5. This food group gives you the protein you need. ○
6. You should eat foods from this food group to avoid getting ill. ○

- **FATS, OIL AND SWEETS**
- **DAIRY PRODUCTS**
- **MEAT, CHICKEN, FISH, EGGS, NUTS, BEANS**
- **FRUIT AND VEGETABLES**
- **BREAD, CEREAL, RICE, PASTA**

Find the sentences in the text (book 52)

a) A kiegyensúlyozott diéta mind a 4 ételcsoportot magába foglalja.

b) Szóval ne kerüld az édesség evést.

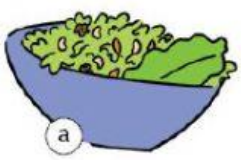
c) A fehérje szükséges ahhoz, hogy nőjön a test és erős legyen.

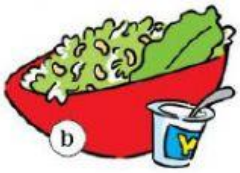
d) Szóval egyél többet ebből a csoportból, hogy energikus maradj.

e) A vörös húsban sok a zsír.

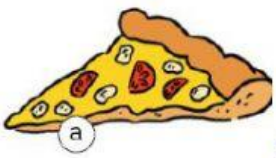
Listen to three short dialogues and answer the questions. Choose the correct picture a or b.

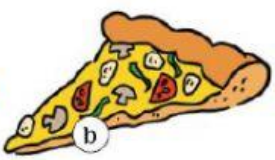
1. Which salad is the woman going to eat tonight?



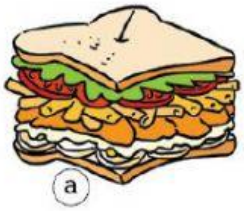


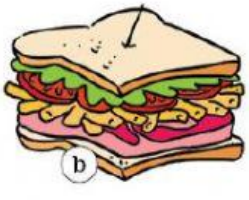
2. Which pizza is Bruce having for dinner?





3. Which sandwich does the woman decide to buy?





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GTTP 3 Module 4d Earitng right

Complete the sentences with the –ing form of the verbs in the box. (Ing-es alakban írd a igéket a megfelelő helyre)

exercise travel eat watch fly make look

1. John is thinking of _____ to Italy by boat. You see, he hates _____ so he won't go by plane.

2. You should stop _____ TV all afternoon. Join the gym and start _____!

3. Diane can't stand _____ fish. How about _____ her a salad?

4. _____ after a pet is not easy.