FOOD AND HEALTH 2

1. **Look and write the corresponding words and phrases: (have a/an…, feel…)**

















Read and answer the following questions:

Give advice to the following people:

Lara works a lot, and she always says she has no energy. What should she do?

_____

Peter and Larry feel sick and dizzy. What should they do?

_____

Daisy's mother has a runny nose. What should she do?

_____

My cousin eats ice cream every day and now, he has a sore throat. What should he do?

_____

Daisy and Patricia are playing hide and sick, and it's very hot and sunny outside. What can happen to them? _____

LIVEWORKSHEETS

2. **Read and choose the correct indefinite pronouns:**

In my dream, I was in Dublin and I was looking for **anything/ something/ everything**, but I couldn't find it. Then **anybody/ somebody/ something** behind me said: '' It's in your bag''. I opened my bag, but it was empty. There **was anything/ something/ nothing** in it. Then a bus arrived. I got on, but it was funny because there wasn't **anybody/ somebody/ everybody** else on the bus. I was on the bus for a long time. I said '' Hello'' to the driver, but he didn't say **anything/ something/ nothing**. When I got off, there were a lot of people on the street and **everything/ everybody/ anybody** was laughing at me, and **no one/ something/ nothing** told me what was happening.

3. **Read and fill in the blanks with the words/ phrases in the box:**

Fruits and vegetables	Meat, fish, nuts and eggs	Fats and sugars	fibre	Grains, cereals and potatoes
protein	Vitamins and minerals		Dairy products	calcium

_____are made from milk. They contain _____, which is good for both bones and teeth. Yogurt and cheese are examples of these products.

_____are good for us because they give energy to our bodies. You have many options to choose from this food group, such as brown rice, corn, wheat, and oats.

_____contain _____and help your body to grow and build muscles.

We don't eat as many of _____as we should! They contain _____that give us healthy hair and skin. They also contain _____which helps you to digest food properly. Make sure you eat whole fruit and don't drink as much fruit juice because it has a lot of sugar, which isn't good for you!

Although _____ energy to do daily activities, you shouldn't eat them much. Examples of this food group are honey, fruits, dairy products, and oil.

How often do you consume foods that contain sugars and fats?

_____

Do you think they are good for you? Why/ Why not?

_____

LIVEWORKSHEETS

4. Read and choose the best answer:

Chocolate

People first made chocolate 3,000 years ago, in Central America and Mexico. They grew cacao trees and used the beans from the trees to make chocolate. The Aztecs used cacao beans as money, because there were no coins or banknotes then. A turkey cost 100 cacao beans and a piece of fruit cost three beans.

At first, people only used chocolate to make a drink. They called the drink xocolatl. This means "bitter water" in an Aztec language because cacao beans have a very bitter taste on their own. Later, people used chocolate as an ingredient in various dishes. They believed that chocolate was good for you, so they used chocolate to treat some illnesses.

During the 16th century, Spanish people travelled to Mexico and were introduced to chocolate. They took chocolate home with them and soon people in Europe started to use chocolate, too. At first, only rich people could enjoy chocolate, because it was very expensive.

In England, people visited special chocolate shops to drink chocolate drinks. They found out that if you add vanilla and sugar to chocolate, it tastes a lot nicer. In about 1690, a doctor called Hans Sloane made a new drink with chocolate and milk. This drink was sweet and tasty so it was very popular.

Today, chocolate is one of the most popular foods in the world. There are hundreds of different chocolate bars and sweets. We give chocolate as gifts on special occasions. A special treat is chocolate fondue. We heat the chocolate until it melts and then dip fruit into the chocolate. Strawberries are delicious when they are covered in melted chocolate.

*0. **People started to make chocolate 3000 years ago.***

A. Right B. Wrong C. Doesn't say

1. **The Aztecs used cacao beans as money, a cow cost 300 cacao beans.**

A Right B Wrong C. Doesn't say

2. **Spanish people used chocolate to treat some diseases.**

A. Right B. Wrong C. Doesn't say

3. **Chocolate was cheap, so both rich and poor people could enjoy it in the 16th century.**

A. Right B. Wrong C. Doesn't say

4. **In England, people add vanilla and sugar when they have chocolate drinks.**

A. Right B. Wrong C. Doesn't say

5. **In the 17th century, Hans Sloane made a new drink with chocolate and milk.**

A. Right B. Wrong C. Doesn't say

6. **People use chocolate as decorations on special occasions.**

A. Right B. Wrong C. Doesn't say

7. **There are different kinds of chocolate: dark, milk and white chocolate.**

A. Right B Wrong C. Doesn't say

LIVEWORKSHEETS