FOOD AND HEALTH 3

1.a. 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.

1.b. Write foods that are in

the Dairy group: _____

the Grain group: _____

the Vegetable group: _____

the Protein group: _____

the Fruit group: _____

1.c. Complete the sentences with '' more'', ''less'', '' fewer'', '' much'', '' many'':

You should eat _____ fruit and vegetables because they help digest food properly and provide our body with vitamins and minerals.

You should drink _____ soft drinks and drink _____ juice.

You shouldn't eat too _____sugar because it can lead to weight gain.

If you want to sleep well, you should drink _____ coffee at night.

You should eat _____ cookies and cupcakes because they contain a lot of sugar.

LIVEWORKSHEETS

2.a. Read and complete the sentences with INDEFINITE PRONOUNS:

The teacher was angry because _____ completed their homework.

_____ ate my last cupcake last night, so I had to sleep on an empty stomach.

Does_____ want cake? I cannot finish it on my own.

It was really dark and I couldn't see_____.

There's _____in my bag. It's empty.

Oh, there's _____in this box. Come and take a look!

_____ stole my money yesterday and I still don't know who did it.

Listen! _____ is singing upstairs. Her voice sounds so beautiful!

Yesterday, _____was at school because it was Sunday.

We're not going _____this weekend. We're going to stay home.

Is there _____ I can help you with?

I had_____ to live, so I was sleeping on my sister's sofa.

I've looked _____ but I can't find my robot.

2.b. Make sentences using:

No one: _____

Everything: _____

Somewhere: _____

Anyone: _____

Someone: _____

Something: _____

Nothing: _____

LIVEWORKSHEETS