

## Lesson 2

1 Complete the table with the words from the box.

~~sweets~~ ~~turkey~~ milk hot dog fish crisps burger cereal  
cola cheese French fries soup

Healthy food	Unhealthy food
turkey	sweets

2 Complete the sentences with the words from the box.

snack delicious ~~dairy~~ cereal vegetarian important diet

- 1) Milk, cheese and yoghurt are dairy products. 2) Helen is a \_\_\_\_\_ because she doesn't eat meat. 3) If you are hungry between meals, you can have a \_\_\_\_\_.
- 4) You should eat bread, pasta and \_\_\_\_\_, because they give you energy.
- 5) Different kinds of food that you eat make your \_\_\_\_\_. 6) Sweets and cakes are very \_\_\_\_\_, but they are not healthy. 7) It is \_\_\_\_\_ to eat fruit and vegetables to be healthy.

3 Complete the sentences with true information about your eating habits.

- 1) I have \_\_\_\_\_ meals a day.  
 2) I eat \_\_\_\_\_ for breakfast.  
 3) I like eating \_\_\_\_\_.  
 4) I don't like eating \_\_\_\_\_.  
 5) I like drinking \_\_\_\_\_.  
 6) I don't like drinking \_\_\_\_\_.