



Unit 3

Health and illness

1. Complete the gaps with the words in the box.

vegetables	nutrients	food
fruit	grains	proteins
water	energy	



a. If you follow a healthy diet it means you eat food with different

.....

b. Healthy food gives us

.....

b. We need and
..... to survive.

c. We have to eat:,
..... and

.....

Unit 3 Health and illness

2. Choose the correct option.



a. Some examples of fruits are:

.....

b. Some examples of vegetables are:

.....

c. Some examples of proteins are:

.....

d. Some examples of grains are:

.....



Unit 3

Health and illness

3. Which of these actions are healthy habits? Tick.

Sleep 9
hours

Eat food with
lots of sugar

Smoke

Over-eating

Drink
alcohol

Wash our
hands

Watch a
lot of TV

Do exercise 3
times/week