

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

.....

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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:
.....

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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