

1 Read and write the words.

food energy tired different weak energy

- 1 We need energy to grow, run and play.
- 2 We get it from the _____ we eat.
- 3 When we are hungry, we feel _____ and _____.
- 4 Animals also get _____ from the food they eat.
- 5 Different animals eat _____ things.

2 Read and write words from Activity 1.

- 1 This box is too heavy for me. I'm feeling very weak today.
- 2 Dan never has breakfast. At ten o'clock he is often _____.
- 3 An apple gives you more _____ than a glass of water.
- 4 You don't get enough energy from your breakfast? Eat something _____.
- 5 If you don't eat _____, you die!

1 Read and number to make a food chain.

- ☐ Lions hunt antelopes. They eat their meat to get energy.
- ☐ Antelopes eat leaves from bushes. This is how they get energy.
- ☐ Bushes need water and the sun to grow.



1

Think!

Read and tick (✓) what the children eat for breakfast.

**Amy from Britain**

On Saturdays my dad makes us a very special breakfast. We have sausage, bacon, fried tomatoes, beans, fried eggs and some toast. We drink tea and orange juice.

**Ana from Brazil**

In Brazil we call breakfast café-da-manhã. There are lots of different foods you can have. I have bread and cheese and then a piece of special cake. We also eat a lot of fruit. I like mango and watermelon.

**Rodolfo from Mexico**

I live in the north of Mexico. I eat a breakfast called salchicha con huevo. This is sausage with scrambled eggs. We eat it with tortillas. It's very good. You should try it.

**Mustafa from Turkey**

The breakfast table in our house is full of food. There is bread, white cheese, yellow cheese, tomatoes, olives, honey, salami (a kind of sausage) and eggs. We all drink black tea. Breakfast is my favourite meal.

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Amy

Rodolfo

Ana

Mustafa