

Reading comprehension

- 1) Read, match the descriptions to the correct vegetables and choose the correct letter.
There's one vegetable you don't need to use.

FRESH AND HEALTHY: tips on fruit and vegetables.

Welcome to my blog! I've got a vegetable quiz for you today. How much do you know about fruit and vegetables? Read the descriptions. Do you know what vegetables is it?

- 1) It grows on the ground like watermelons and it gets very big and heavy. It contains vitamins A, C and E. People make pies with it and they also use it to decorate their houses at Halloween. In the fairytale, Cinderella, one of these changes into a carriage.

What's this?

- 2) People around the world eat this vegetable. There are many different types and they usually grow underground. This vegetable has a very thin "skin"-like paper. It has a very strong taste and when you cut it with a knife, it usually makes you cry. You can eat it in salads, sauces, soups and many other dishes.

What's this?

- 3) It's a very healthy vegetable and when it's fresh, it's dark green. People usually boil in water and eat it as a part of a main meal. It belongs to the cabbage family and it's very similar to the cauliflower. It's rich in vitamins C and K.

What's this?

- 4) It's a very common vegetable and it makes delicious salads. We also put it in sandwiches with tomato, cheese and ham. It's green and it's got lots of leaves. It's important to wash the leaves in water before you eat them.

What's this?



2) Read Duncan's food diary and choose the correct answer.

My food diary

By Duncan

*On Monday I had orange juice and cereal for breakfast.
At break, I had some biscuits and a banana. For lunch,
I had meat, potatoes and peas. In the afternoon, for a
snack I had a sandwich and apple juice.
For dinner, I had pizza with mushrooms and red peppers.*



*On Tuesday I had milk, toast and an apple for breakfast.
At break, I had a raspberry yoghurt. For lunch, I had vegetable
soup and a hamburger. In the afternoon, for a snack I had milk
and a banana. For dinner, I had chicken and salad.*



*On Wednesday I had orange juice and toast for breakfast.
At break, I had a cheese and tomato sandwich.
For lunch, I had fish, potatoes and spinach. In the
afternoon, for a snack I had some biscuits and water.
For dinner, I had cauliflower cheese and carrots.*

1. What did he have for breakfast on Wednesday?

- a) He had milk, toast and an apple for breakfast on Wednesday.
- b) He had orange juice and toast for breakfast on Wednesday.
- c) He had cheese and tomato sandwich for breakfast on Wednesday.

2. What did he have for lunch on Monday?

- a) He had meat, potatoes and peas for lunch on Monday.
- b) He had vegetable soup and a hamburger for lunch on Monday.
- c) He had meat, potatoes and cheese for lunch on Monday.

3. What did he have for dinner on Tuesday?

- a) He had pizza with mushrooms and red pepper for dinner on Tuesday.
- b) He had milk and a banana for dinner on Tuesday.
- c) He had chicken and salad for dinner on Tuesday.

4. When did he have a raspberry yoghurt at break?

- a) On Monday.
- b) On Tuesday.
- c) On Wednesday.

5. What did he have for lunch on Wednesday?

- a) He had cauliflower, cheese and carrots for lunch on Wednesday.
- b) He had meat, potatoes and peas for lunch on Wednesday.
- c) He had fish, potatoes and spinach for lunch on Wednesday.

3) Look at the picture and read the sentences. Are they true or false?



1. There are some grapes.
2. There aren't any biscuit.
3. There isn't a pineapple.
4. There aren't any cherries.
5. There are some sandwiches.
6. There are some strawberries.
7. There is a watermelon.
8. There are some raspberries.
9. There is a bottle of water.
10. There isn't any rice.