

2 Click the word that doesn't belong.

- 1 liquid: soup • juice • beans • fizzy drinks
- 2 fats: carrots • olive oil • butter • margarine
- 3 vitamins: noodles • bananas • tomatoes • oranges
- 4 proteins: chicken • fish • eggs • fruit
- 5 carbohydrates: bread • rice • lettuce • potatoes

Tip!

Some food items and words related to nutrition can be both countable and uncountable.

I love **coffee**.

I want to order three **coffees**.

There isn't much **fat** in this snack.

Butter and oil are **fats**.

3 Match the words below to the correct sentence. Drag the words.

calories snacks caffeine sugar healthy lifestyle

- 1 We find this in tea, coffee and cola.
- 2 We eat these between meals.
- 3 This expression describes how we should live.
- 4 Every food has got these in it.
- 5 It's in cake, ice cream, sweets and chocolate.