Ex. 1 Read the text and fill in the missing words.

cereal, chocolate, sandwich, milk, juice, cheese, orange, water, apple, grapes

Lucy's Healthy Living Blog

Hi guys!

Lots of you have asked me what I usually eat. Well, I always try to eat healthy food. Every morning, I eat a bowl of

1) c _____ with 2) m _____ for breakfast and I drink a glass of

3) j _____ . At about 11 o'clock, I have an 4) a _____ or an

5) o _____ . I usually have my lunch at 1:30. I eat a 6) s _____ with

7) c _____ , some 8) g _____ and drink a glass of

9) w _____ . I don't eat 10) c _____ because it's unhealthy. What about you?

Ex. 2 Choose the odd one out.

1 carrots – cheese – lettuce – onions

2 biscuits – crisps – milk – crackers

3 carton – bottle – packet – juice

4 chicken – tuna – lobster – crab

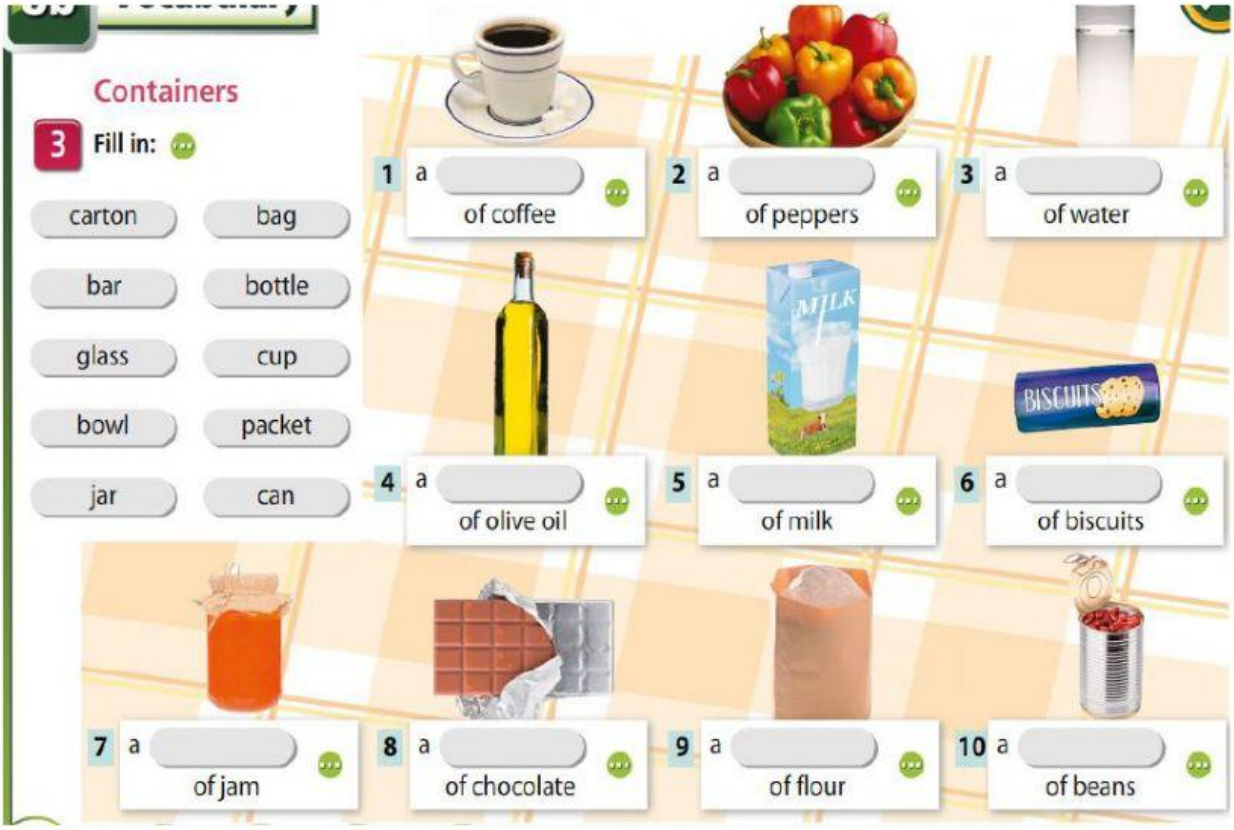
5 cheese – butter – pasta – yoghurt

6 saucer – lunch – supper – dinner

7 rice – milk – spaghetti – pasta

8 juice – coffee – hot chocolate – cereal

Ex. 3 Fill in.



Ex. 4 Lucy is going to the supermarket. What will she buy? Listen and write her shopping list.

1. a _____ of coffee
2. a _____ of biscuits
3. some _____
4. a few _____ and _____
5. some _____
6. a _____ of orange juice