



Unit 2: Healthy habits

1) Watch this video!

2) Choose TRUE or FALSE according to the video

- Sugary and fatty foods are good for your health

TRUE

FALSE

- Milk and dairy are good for your health

TRUE

FALSE

- Cakes are good for your health

TRUE

FALSE



- Meat and fish are bad for you

TRUE

FALSE

- Pizza and donuts are bad for your health

TRUE

FALSE

- Cabbages and broccoli are good for your health

TRUE

FALSE

- Cheese and yoghurt are bad for you

TRUE

FALSE

- Soda is bad for you

TRUE

FALSE

- Apples are good for you

TRUE

FALSE