

Complete each sentence by writing in the missing pair of words.

drink+food

proper+memorise

chew+enjoy

three+snacks

balance+consume

larger+normal

contain+salt

Example: *You shouldn't eat in a hurry. It's very important that you* *chew* *your food slowly and* *enjoy* *it.*

1. Children who eat _____ breakfast learn and _____ things better. They are also more interested and pay more attention in class.
2. It's best to have _____ main meals in a day and at least two smaller meals or _____ between the main meals.
3. How much water we have to _____ actually depends on all the _____ that we eat in a day.
4. Portions are getting _____. So keep your portions _____ sizes and don't overeat.
5. It's important to get the right _____ between the amount of calories we _____ and the amount of calories our body uses.
6. We shouldn't put too much sugar and salt in our food because a lot of foods already _____ sugar or _____.

