

Unit 2: Food and Health

What do we eat?

Choose and write one sentence from each box

lunch breakfast dinner

ham and cheese sandwich cereals and milk
fish, chips and salad



I FOOD

Do you look after your health?

Look and write

I eat healthy food
I go to sleep early

I have fun
I do exercise



Eat healthy!

FOOD FROM PLANTS

lettuce sausages cheese oil
broccoli rice milk eggs

FOOD FROM ANIMALS