

Unit 2 Review

1. Look, read and match.



fats

proteins

dairy

carbohydrates


fruits and vegetables


2. Read the menu. Tick (✓) the healthy food.

<u>Breakfast</u>	<u>Lunch</u>	<u>Dinner</u>
Cereal <input type="checkbox"/>	Chicken <input type="checkbox"/>	Pizza <input type="checkbox"/>
Donut <input type="checkbox"/>	Hamburger <input type="checkbox"/>	Salad <input type="checkbox"/>
	Vegetables <input type="checkbox"/>	
<u>Snacks</u>		
Apple <input type="checkbox"/>	Chocolate <input type="checkbox"/>	Yoghurt <input type="checkbox"/>
		Crisps <input type="checkbox"/>

3. Is it a healthy habit? Drop the habits into their correct place.


Healthy habits	Unhealthy habits

 Sleep **one** hour a day.

Watch TV **one** hour a day. 

Never wash your hands. 

 Brush your teeth **after** you eat.

 Eat **one** portion of fruit and vegetables every day

Keep fit. 