

# Unit 2 Review

1. Look, read and match.



- fats    proteins    dairy    carbohydrates    fruits and vegetables

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

## Breakfast

Cereal

Donut

## Snacks

Apple

Chocolate

Yoghurt

Crisps

## Lunch

Chicken

Hamburger

Vegetables


## Dinner

Pizza

Salad

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. 