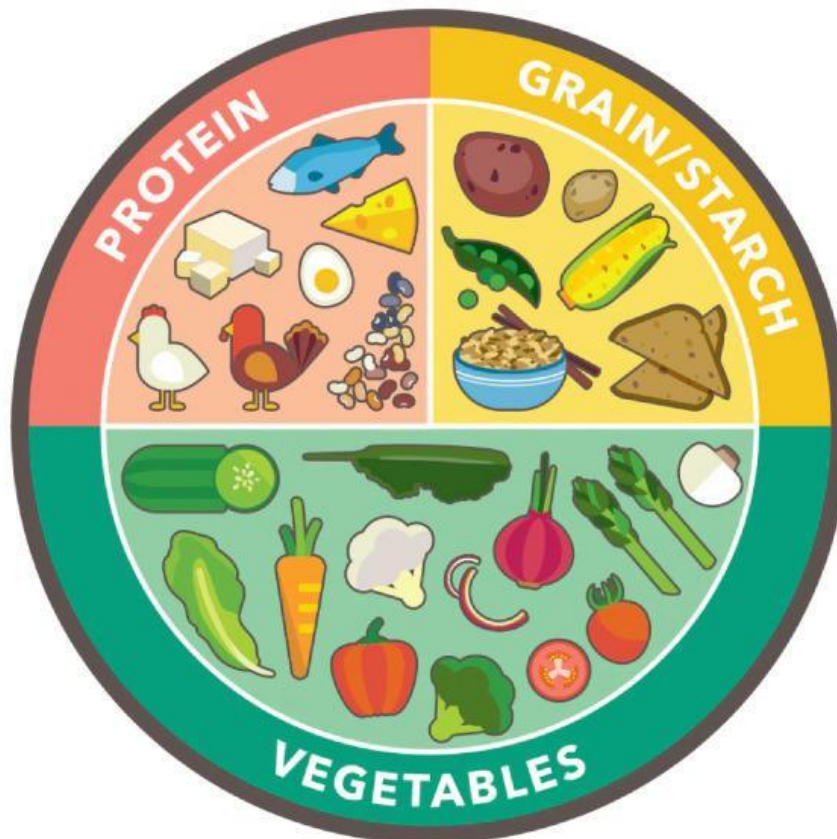


The Healthy Plate



Reading Exercise: Exploring the Healthiest Fruits and Vegetables

Read the following descriptions of some of the healthiest fruits and vegetables. Pay attention to how the verbs "to be" and "have" are used along with descriptive adjectives to talk about the characteristics of each ingredient. Then, answer the questions that follow.

Healthiest Fruits:

Blueberries:

Blueberries are small, round, and bursting with antioxidants. They have a rich blue color and are known for their ability to improve brain health.

Apples:

Apples are crisp and juicy. They have a variety of colors, from red to green, and they are packed with fiber that supports digestive health.

Oranges:

Oranges are citrus fruits that are bright orange and tangy. They have a high vitamin C content, which boosts the immune system.

Healthiest Vegetables:

Spinach:

Spinach is dark green and leafy. It has a mild flavor and is rich in iron, making it a great choice for improving blood health.

Kale:

Kale is curly and vibrant green. It has gained popularity as a superfood due to its high nutrient content and potential health benefits.

Broccoli:

Broccoli is green and densely packed with nutrients. It has a unique shape and is a great source of vitamins C and K.

Questions:

What is a notable characteristic of blueberries?

- a) They are red and sweet.
- b) They are high in fiber.
- c) They have a rich blue color and antioxidants.
- d) They are known for their tangy taste.

What quality does kale possess that has led to its superfood status?

- a) It has a high iron content.
- b) It is blue and round.
- c) It is rich in vitamin C.
- d) It is a type of citrus fruit.

Why are oranges beneficial for the immune system?

- a) They have a mild flavor.
- b) They are small and round.
- c) They are high in vitamin C.
- d) They are low in antioxidants.

What is a unique shape of broccoli?

- a) Round and small
- b) Curly and green
- c) Bright orange and tangy
- d) Crisp and juicy

Which fruit is praised for its ability to improve brain health?

- a) Apples
- b) Oranges
- c) Blueberries
- d) Pineapples

Listening Exercise: Exploring Healthy Protein Sources

Listen to the audio clip where your teacher explains an activity related to describing characteristics of healthy protein sources. Pay attention to how the verbs "to be" and "have" are used along with descriptive adjectives. After the audio clip, you will be given a task to complete based on the information you've heard.

Task:

Based on the information you heard in the audio clip, answer the following questions:



What quality of Greek yogurt contributes to gut health?

- a) Creamy texture and essential nutrients
- b) High protein content and creamy texture
- c) Creamy texture and probiotics
- d) Mild taste and versatile use

How is tofu often used in diets?

- a) As a heart-healthy option
- b) For muscle recovery
- c) As a substitute for lean beef
- d) In vegetarian and vegan diets

What appearance do lentils have?

- a) Nutty flavor
- b) Lens-shaped
- c) Creamy texture
- d) Gluten-free

What is a notable quality of quinoa?

- a) Rich in iron
- b) Small and lens-shaped
- c) A complete protein source
- d) Mimics the texture of meat

Feel free to discuss your answers with a partner or group. We'll review the correct answers together shortly to reinforce our understanding of using "to be," "have," and descriptive adjectives to describe the characteristics of healthy protein sources in English.