



Name: .....

Unit 1 - How can we eat well?

Class: 4.....

### VOCAB 1

Date: .....

\*\*\*

#### 1 Reorder the letters to make the words.



oinr



acucلمي



ifebr



tfa



eeeavgbtIs



iitvnmnas



cbayrordhaets



ayidr



rtneopi

#### 2 Complete the sentences.

1. People use this liquid to fry eggs. ....
2. It makes your bones and teeth strong. ....
3. Cheese, milk and yoghurt belong to this food product. ....
4. They're in fruit and vegetables. Their names are letters .....  
.....
5. and numbers. ....
6. The foods like bread and noodles give us energy. ....
7. It helps food move through our body. ....

8. Potatoes, carrots and onions are these. ....
9. Foods like fish and meat make us grow. ....
10. We find it in red meat. ....

**3 Choose the correct option.**

1. People need oil and butter. They are good .....
- A. *olive oil*      B. *vitamins*      C. *fats*      D. *carbohydrates*
2. These are spinach, broccoli and tomatoes.
- A. *dairy*      B. *calcium*      C. *protein*      D. *vegetables*
3. These give us a lot of energy. We can find them in bread or rice.
- A. *vitamins*      B. *fiber*      C. *dairy*      D. *carbohydrates*
4. It helps us have strong bones and teeth.
- A. *calcium*      B. *protein*      C. *fats*      D. *fiber*
5. It helps the food move through body.
- A. *fiber*      B. *fats*      C. *dairy*      D. *protein*
6. It is an important mineral for our body.
- A. *protein*      B. *fiber*      C. *iron*      D. *carbohydrates*
7. It consists of the foods that are made from milk.
- A. *iron*      B. *vitamins*      C. *calcium*      D. *dairy*
8. This is a kind of fat which is solid.
- A. *oil*      B. *butter*      C. *yoghurt*      D. *milk*
9. You get this when eating meat and fish.
- A. *dairy*      B. *calcium*      C. *protein*      D. *carbohydrates*
10. We find them in fruit and vegetables. There are letters and numbers in their names.
- A. *vitamins*      B. *fiber*      C. *fats*      D. *dairy*

**4 Odd one out.**

1. A. rice      B. noodle      C. carrot      D. pasta
2. A. milk      B. yoghurt      C. cheese      D. dairy
3. A. carbohydrate      B. dairy      C. vitamins      D. protein
4. A. oil      B. butter      C. cheese      D. fat
5. A. onion      B. pineapple      C. tomato      D. potato