ACTIVIDAD DE INGLÉS

Nombre:

Fecha:

Curso:

PREGUNTAS

1. Fill in the Blanks:

- The tropical fruit known for its spiky exterior and sweet interior is called _____.
- The green leafy vegetable that is often used in salads and is high in iron is _____.
- The red fruit that is botanically a berry and often used in sauces and salads is _____.

2. True or False:

- Bananas grow on trees. T( ) F( ).
- Strawberries have their seeds on the outside. T( ) F( ).
- Spinach is high in calcium. T( ) F( ).
- Kiwis have more vitamin C than oranges. T( ) F( ).

3. Match the vegetable with its color:

a) Carrot	- 1) Green
b) Spinach	- 2) Orange
c) Beetroot	- 3) Red
d) Broccoli	- 4) Purple
e) Eggplant	- 5) Green
f) Red cabbage	- 6) Purple
g) Lettuce	- 7) White
h) Cauliflower	- 8) Green

LIVEWORKSHEETS

4. WHRITE THE NAME OF THE FOOD.

_____ _____

_____

5. FILL IN THE BLANKS.

- A good habit to start the day is to drink a glass of _____ as soon as you wake up.
- It is important to brush your teeth at least _____ times a day to maintain good oral hygiene.
- A balanced diet should include fruits, vegetables, _____, and grains.
- Getting _____ hours of sleep each night is essential for good health.
- Washing your hands with soap and water for at least _____ seconds can help prevent the spread of germs.

6.ORDERING.

Place these vegetables in order of their cooking time, from shortest to longest:

- Spinach, potato, carrot, bell pepper.

_____

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Place these daily habits in order of their ideal timing, from morning to night:

- Lunch, Brushing Teeth, Dinner, Exercise.

_____

7. Word Search.

Q	U	I	N	O	A	R	U	T	W
U	T	O	C	H	V	O	G	L	A
E	Y	R	Q	E	O	E	T	A	T
S	N	R	O	N	C	R	H	M	E
O	O	E	A	Y	A	O	C	S	T
C	H	S	M	E	D	Y	A	E	O
H	S	A	L	M	O	N	N	U	R
E	T	A	N	I	K	G	I	F	R
T	K	I	A	L	E	E	P	O	A
I	M	E	R	C	Y	W	S	T	C

- (6 Letras) A type of fish rich in omega-3 fatty acids.
- (8 Letras) A fruit high in healthy fats.
- (6 Letras) A grain high in protein.
- (6 Letras) An orange vegetable high in vitamin A.
- (4 Letras) A leafy green known for its high nutrient content.

8. FILL IN THE BLANKS.

- Eating a healthy breakfast can help improve your _____ throughout the day.
- To maintain a healthy weight, it's important to balance your _____ intake with physical activity.

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- Regular exercise can help reduce the risk of _____ diseases such as heart disease and diabetes.
- Drinking enough _____ is crucial for staying hydrated and maintaining overall health.

9. TRUE OR FALSE.

- Tomatoes are classified as vegetables. T( ) F( ).
- Oranges are a good source of vitamin D. T( ) F( ).
- Carrots are known to improve night vision. T( ) F( ).
- Honey is a type of sugar that can last indefinitely without spoiling. T( ) F( ).
- Avocados are high in saturated fat. T( ) F( ).

10. Order the following steps in a healthy morning routine for the best result:

a) Exercise

b) Eat a balanced breakfast

c) Drink a glass of water

d) Brush your teeth

e) Do a brief meditation or stretching

1.

2.

3.

4.

5.

LIVEWORKSHEETS