

## What is the relationship between health and food?

1. Read the following list and tick what we should do to be healthy.

\_\_\_\_\_ Eating fish, chicken, dairy products and eggs everyday.

\_\_\_\_\_ Eating fish, chicken, dairy products and eggs in moderation.

\_\_\_\_\_ Eating fresh and seasonal foods.

\_\_\_\_\_ Eating processed foods.

\_\_\_\_\_ Using butter to fry food.

\_\_\_\_\_ Using olive oil.

\_\_\_\_\_ Only drink “energy drinks”.

\_\_\_\_\_ Make water your drink of choice.

\_\_\_\_\_ Doing physical exercise.

\_\_\_\_\_ Sitting on the couch all day playing video games.