

Worksheet 6

Name _____ Class _____ No. _____
 Date _____

A : The food you like. Talk to your friend about these questions.

What is your favorite food? _____

Which foods don't you like? _____

Which foods do you think are bad for you? Why?

B : What food do you eat?

Check only box for each number.

1. How many meals do you eat every day?

- three or more
- two
- one



2. How often do you eat fruit?

- never
- once or twice a day
- three or four times a week



3. How often do you eat vegetables or salad?

- never
- once or twice a day
- three or four times a week



- almost everyday
- three or four times a week
- once or twice a week



4. How often do you eat fried food?

- almost everyday
- three or four times a week
- once or twice a week



5. How often do you drink soft drinks?

- almost everyday
- three or four times a week
- once or twice a week



6. How often do you eat sweets or dessert?

- almost everyday
- three or four times a week
- once or twice a week

Healthy Eating

Food scientists made this pyramid to help you choose healthy food. You need to eat a lot of the food at the bottom of the pyramid and only a little of the food at the top.

You need to eat a lot of grains, like rice and bread, every day. You also need to eat a lot of vegetables, like carrots and spinach. Fruits, like apples and oranges, are very important, too.

Every day you need to eat some protein. It helps you grow. There is protein in milk, cheese, fish, and eggs.



The food at the top of the pyramid has a lot of fat or sugar. This food is in the smallest part of the pyramid because you don't need much fat or sugar.

Try to use the food pyramid every day and you will stay healthy.

Choose the correct answer.

1. You need [a lot, a little] of the food at the bottom of the pyramid.
2. You need [a lot, a little] of the food at the top.
3. You need [a lot, a little] of grains.
4. You need [a lot, a little] of vegetables.
5. You need [some, a little] protein.
6. The food at the top of the pyramid has [a lot, a little] of fat or sugar.
7. You [need, don't need] much fat or sugar.
8. Carrots and spinach are [grains, vegetables].
9. [Vegetables, Fruits], like apples and oranges, are [very, not] important.
10. Milk, cheese, fish, and eggs are [sugar, protein].