

Vitamins and you

1. Match the words to the pictures:

1. bones

a)



2. skin

b)



3. oily fish

c)



4. clever

d)



5. grow

e)



6. strong

f)



7. germs

g)



2. Discuss the questions:

- a) What vegetables does your grandma grow?
- b) Did you break a bone? If yes, what happened?
- c) Do you like oily fish? What food with fish do you like? (fried fish, sushi, ...)
- d) Are you strong? Why do you think so?
- e) What do you use on your skin? (shower gel, soap, cream, face wash, ...)
- f) How can you fight COVID germs?

3. Listen and match the vitamins with their effects:

Vitamin	Effect	Where can you find it?
A		
B		
C		
D		
E		

4. Now listen again. Fill in column 3.

5. What did you eat today? What vitamins did you get?

e.g., I ate ... I got vitamins

6. Work in pairs. Choose a person and make a meal plan for him/ her.

Liam: started doing sports regularly. Wants to be fit and strong.

Lena: often gets ill in autumn and winter, feels sleepy and has no energy for studying.

Pam: studies a lot, wants to be more energetic and have good eyes.

My personal meal plan

Breakfast

.....

vitamins

.....

Lunch

.....

vitamins

.....

Dinner

.....

vitamins