

# Vitamins and you

## 1. Match the words to the pictures:

1. bones

2. skin

3. oily fish

4. clever

5. grow

6. strong

7. germs

a)



b)



c)



d)



e)



f)



g)



## 2. Discuss the questions:

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