4 YOU ARE WHAT YOU EAT

VOCABULARY

Food and drink

1 ☆ Complete the table with the words in the box.

~~apples~~ bananas beans cheese chicken eggs fish fizzy drink water

Food from plants	Food from animals	Drinks
apples		





2 ☆☆ Circle the correct answers in the quiz.

ALL ABOUT FOOD AND DRINK

1 Which food is NOT usually a cake?
a chicken **b** chocolate

2 Which of these is NOT protein?
a meat **b** carrots

3 Which of these is NOT from fruit?
a juice **b** chocolate

4 Which of these is NOT from a plant?
a meat **b** rice





3 ☆☆ Complete the food words in the text.





I'm Zara from Malaysia. I usually have kaya toast with [1]e g g s for breakfast. I have lunch at school. Lunch is usually rice and [2]me__ __ or [3]ch__ __ __ __ __ curry with vegetables. I drink [4]ju__ __ __ made from orange and purple [5]ca__ __ __ __ __ and red [6]ap__ __ __ __ __. It's yummy! My mum cooks dinner. I love her [7]fi__ __ curry with [8]be__ __ __. We always drink [9]w__ __ __ __.

4 ☆☆☆ What is your favourite food for breakfast, lunch and dinner? Write about what you eat. Use Exercise 3 to help you.

I usually have ...

Explore it!



Guess the correct answer.
Which country grows millions of bananas?
a the UK b Ecuador c China

Find an interesting fact about food in your country. Then send a question in an email to a classmate or ask them it in the next class.

LIVEWORKSHEETS