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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



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.