

WORKSHEET

Class: Canada
FF1 – Unit 12

Teacher's feedback



Task 1: Match the food with its fact. Write the correct food next to each sentence.

rice meat carrot yogurt fish bread

1. It's made from flour, water, and yeast.

→ _____

2. It helps your brain and has low fat.

→ _____

3. It's orange, crunchy, and good for skin.

→ _____

4. It gives vitamins and is in every Vietnamese meal.

→ _____

5. It's made from milk and gives calcium.

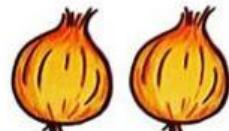
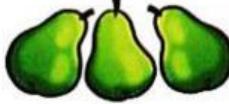
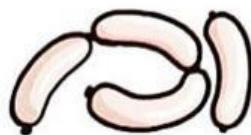
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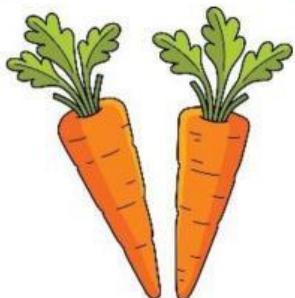
6. It gives us protein and can be cooked many ways.

→ _____



Task 2: Lucy's mum is at a shop. Listen and circle the things she buys.



**Task 3: Listening – Number and Fill in the Blanks.**

Crunch__
__asty



__rotein
Nu__rients


1

Energy



Good for __rain



__itamins
Mi__erals



P__otein
Calciu__



Task 4: Read the text and choose the correct answers.

Healthy Food



Hello! My name is Hana. I like eating healthy food.

In the morning, I eat bread and drink milk. Bread gives me energy to start my day.

At lunch, I eat rice, meat, and carrots. Meat gives me protein and carrots are good for my skin. I also drink juice. It is sweet and healthy.

In the evening, I eat fish and vegetables. Fish is good for my brain. I also eat yogurt. It is made from milk and has calcium.

I don't like candy or soda. They are not good for my health!