

# 3

## A healthy lunch



fruit



vegetables



apricots



cucumber



broccoli

### Reading

#### 1 Read

Look in your lunch box. What have you got? Have you got fruit? Have you got vegetables? It's always good to eat fruit and vegetables.

#### Healthy food

Eat something from each group every day.



carrots  
salad broccoli  
cucumber

apples  
apricots bananas  
grapes



bread  
rice

fish  
chicken eggs  
cheese



Healthy drinks are water, juice and milk.

#### Unhealthy food

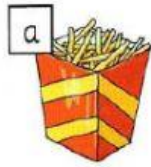
You can eat these things, but don't eat them every day.

fries  
burgers pizza  
ice cream

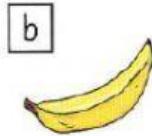


## Comprehension

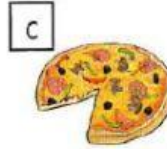
2 Are these foods healthy (✓) or unhealthy (✗)?



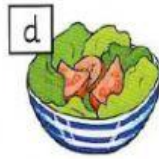
✗



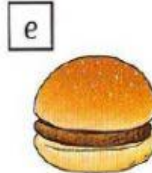
☐



☐



☐



☐



☐

3 Write the food and drink in the table.

apples broccoli cucumber water grapes  
apricots milk salad juice

Fruit	Vegetables	Drinks
apples		

4 Read and answer with Yes, he/she has. or No, he/she hasn't.

1 I've got an apple, a salad and a cheese sandwich.

Has he got a healthy lunch?

Yes, he has.

2 I've got a burger, fries and a milkshake.

Has she got a healthy lunch?

\_\_\_\_\_

3 I've got fish with rice, grapes and cucumber.

Has she got a healthy lunch?

\_\_\_\_\_

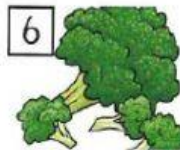
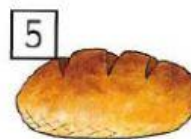
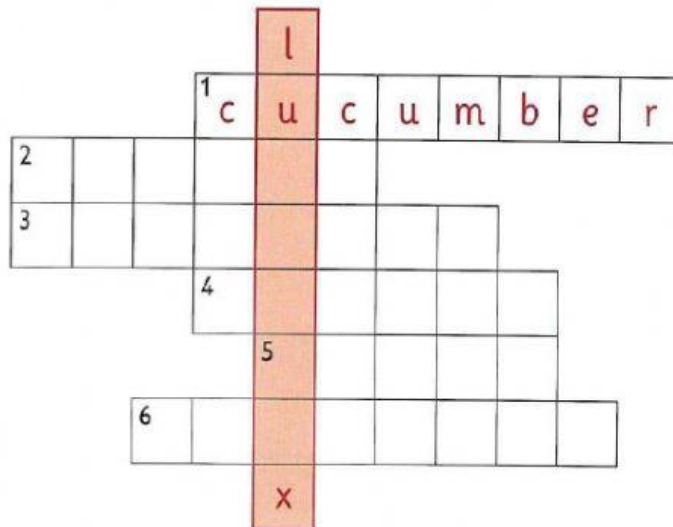
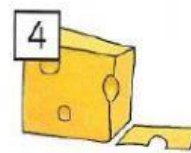
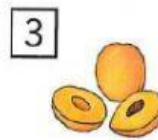
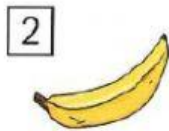
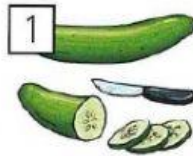
4 I've got pizza and ice cream.

Has he got a healthy lunch?

\_\_\_\_\_

## Vocabulary

5 Complete the puzzle. What's the secret word?



6 Whose lunch? Write the names.

Sarah's got an apple.  
She hasn't got a sandwich.

Vera's got a sandwich.  
Her lunch box is blue.

Johnny hasn't got a sandwich.  
He's got vegetables on  
his pizza.

Matt's got some vegetables.  
He hasn't got any fruit.



1 \_\_\_\_\_

2 \_\_\_\_\_






3 Sarah

4 \_\_\_\_\_



## Writing

My healthy lunch plan	
Monday	
Tuesday	
Wednesday	

– What have you got for lunch on Monday?

On Monday I've got a chicken sandwich.

I've got some broccoli and a banana.

I've got juice to drink.

– What have you got for lunch on Tuesday?

On Tuesday I've got a fish sandwich.

I've got some salad and an apricot.

I've got water to drink.

**7** Write the sentences with capital letters and full stops.

1 i've got a chicken sandwich on monday

I've got a chicken sandwich on Monday.

2 on tuesday she's got an apple

\_\_\_\_\_

3 she's got water to drink on wednesday

\_\_\_\_\_

4 he's got some broccoli on monday

\_\_\_\_\_

**8** Write about the lunch plan for Wednesday.

– What \_\_\_\_\_

(sandwich) \_\_\_\_\_

(fruit) \_\_\_\_\_

(vegetable) \_\_\_\_\_

(drink) \_\_\_\_\_

\_\_\_\_\_