READING

Fruit and Vegetables

It's important to eat fruit and vegetables every day. We have to eat different types of fruit and vegetables, and lots of them, because there isn't one vegetable or fruit with all the nutrients we need.

Fruit and vegetables are very good for your body. But many people don't like vegetables, or they eat the same fruit every week. Here are some tips to help you eat more fruit and vegetables:

1. Put fruit where you can see it. This way, if you're hungry, you can have an apple and not a chocolate bar. Always wash fruit first.
2. Try to get many different colors on your plate. Every day, try to eat one fruit or vegetable from each of these four groups: dark green leafy vegetables, red fruit and vegetables, yellow or orange fruit and vegetables, and beans.
3. Look for new fruit and vegetables in the supermarket when you go shopping for food.
4. Forget potatoes. There are many vegetables with more nutrients.
5. Get more vegetables in your cooking. Maybe don't eat meat one day of the week. Prepare more salads and soups.



LIVEWORKSHEETS

B Read the text. Circle the correct information to complete the sentences.

1. Eat fruit and vegetables every (day / week).
2. Keep fruit (in the refrigerator / where you can see it).
3. Eat (two or three / different) colors of fruit and vegetables.
4. Buy (new / fresh) fruit and vegetables when you go food shopping.
5. (Eat / Don't eat) a lot of potatoes.
6. Make (soups / pasta) to eat more vegetables.

C Read the text. Circle **T** for *True* or **F** for *False*.

1. There is one type of vegetable with all the nutrients you need. T / F
2. Many people should eat more fruit and vegetables. T / F
3. It's OK to eat fruit and not vegetables. T / F
4. Don't eat dark green vegetables. T / F
5. Potatoes have a lot of nutrients. T / F
6. Soups can have lots of vegetables in them. T / F

D Write the words in the correct column in the table.

broccoli carrots cucumbers oranges strawberries tomatoes

Red fruit and vegetables	Yellow or orange fruit and vegetables	Green fruit and vegetables
_____	_____	_____
_____	_____	_____

LIVEWORKSHEETS

VOCABULARY

C Match the phrases to make sentences.

1. Broccoli and peas _____	**a.** are fruits.
2. Yogurt and cheese _____	**b.** are protein.
3. Rice and pasta _____	**c.** are dairy.
4. Apples, pears, and grapes _____	**d.** are drinks.
5. Milk and water _____	**e.** are cereals.
6. Chicken and fish _____	**f.** are green vegetables.

A Circle the correct part of the body to complete the sentences.

1. You wear shoes on your (hands / feet).
2. You wear sunglasses on your (face / arm).
3. My (ear / chest) hurts. I have a bad cough.
4. Old people often get a (backache / stomachache).
5. Your (knee / hand) is part of your leg.
6. You have five (feet / fingers) on your hand.

A Complete the sentences with the words from the box.

anniversary	birthday	graduation	new job	new year	wedding

1. When two people get married, they have a _____.
2. Everyone has a _____ once a year.
3. Students celebrate their _____ when they finish college.
4. I have a _____. I start tomorrow!
5. Married people celebrate the day of their wedding on their _____.
6. In many countries, people celebrate a _____ on January 1st.

A Match the professions to the descriptions.

_____ **1.** A software engineer	**a.** gives classes in a school or college.
_____ **2.** A nurse	**b.** plays an instrument.
_____ **3.** A lawyer	**c.** works in a hospital.
_____ **4.** A teacher	**d.** works in an office and a court of law.
_____ **5.** An actor	**e.** acts in movies.
_____ **6.** A musician	**f.** works with computers.

LIVEWORKSHEETS

GRAMMAR

C Complete the questions with *much* or *many*.

1. How _____ rice do we have?
2. How _____ milk do you drink every day?
3. How _____ granola bars do you want?
4. How _____ pasta do you eat every week?
5. How _____ bananas do we have?
6. How _____ cartons of milk are there in the refrigerator?

D Complete the conversation with *should* or *shouldn't*.

Andie: I know we're going to the movies today, Kyle, but my back hurts. What (1) _____ I do?

Kyle: Well, first, you (2) _____ move a lot. You (3) _____ lie down. You (4) _____ worry about the movie. We can go another time.

Andie: OK. OW! My back!

Kyle: Here, you (5) _____ take some pain reliever, too. Then you (6) _____ try to sleep a little.

Andie: Thanks, Kyle. I will. You (7) _____ go to the movie. Martha and Ang are waiting for us.

Kyle: OK. I have my phone with me. Call me if you feel really bad.

Andie: You (8) _____ worry. Enjoy the movie. I'll be fine.

C Complete the sentences with the correct form of *be going to*.

1. We _____ go see a movie on Friday night. Do you want to come with us?
2. Gustavo _____ travel this summer. He doesn't have much money.
3. Edith has a new job. I _____ send her some flowers. She loves flowers.
4. Jiang _____ have a barbecue on Saturday. The weather looks good.
5. I _____ buy a cake for Dad. Should I get vanilla or chocolate?
6. We only want a small wedding. We _____ invite many people.

LIVEWORKSHEETS