

Unit 5: Food and Health

Vocabulary Words

Food:

- **Beans** - small round vegetables that are cooked and eaten
- **Bread** - food made from flour and water, baked in an oven
- **Burger** - meat between two pieces of bread
- **Cheese** - white or yellow food made from milk
- **Chips** - thick fried pieces of potato
- **Crisps** - thin, crispy fried potato slices in a packet
- **Fizzy drink** - sweet drink with bubbles and gas
- **Fruit** - sweet food that grows on trees (apples, bananas, oranges)
- **Juice** - liquid drink made from fruit or vegetables
- **Meat** - food from animals like chicken, beef, or pork
- **Nuts** - hard-shelled foods like almonds and peanuts
- **Rice** - white or brown grain that is cooked and eaten
- **Salad** - mixture of raw vegetables
- **Sandwich** - bread with filling between two slices
- **Soup** - hot liquid food with vegetables or meat
- **Sweets** - small sugary candies
- **Vegetables** - plants we eat like carrots, broccoli, and potatoes

Health:

- **Active** - doing physical activity and exercise
- **Fit** - in good physical condition
- **Healthy** - in good health and not sick
- **Hungry** - wanting to eat food
- **Ill** - sick and not feeling well
- **Lazy** - not wanting to do anything or exercise
- **Thirsty** - wanting to drink something
- **Tired** - feeling sleepy and without energy
- **Unfit** - not in good physical condition
- **Unhealthy** - not good for your health
- **Well** - in good health and feeling good
- **Full** - having eaten enough food

Part A: Multiple Choice

Choose the best answer (A, B, or C):

1. Which food is healthy to eat?
A) Sweets
B) Salad
C) Crisps
2. What do you eat when you are hungry?
A) Water
B) Food
C) Sleep
3. What do you drink when you are thirsty?
A) Bread

- B) Juice
- C) Meat

4. Which food is made from milk?
 - A) Cheese
 - B) Bread
 - C) Rice
5. What is a healthy drink?
 - A) Fizzy drink
 - B) Juice
 - C) Sweets
6. What do you feel when you need sleep?
 - A) Hungry
 - B) Tired
 - C) Thirsty
7. Which describes good health?
 - A) Ill
 - B) Unhealthy
 - C) Well
8. What do you do to stay fit?
 - A) Be lazy
 - B) Be active
 - C) Be tired

Part B: Healthy vs Unhealthy

Sort these foods into Healthy or Unhealthy:

Food	Healthy	Unhealthy
1. Fruit	—	—
2. Sweets		
3. Vegetables		
4. Crisps		
5. Salad		
6. Fizzy drink		