

MESSI'S FOOD PLAN!

I want to eat **healthy** and be at my **best**!

Let's organize your **food**!



Leo wants to improve his vocabulary skills. He is studying **food**.
Can he identify the difference between **COUNTABLE** and **UNCOUNTABLE** food?
Let's help him to organize his food for training!



COUNTABLE Foods

I can count them: one, two, three...

- | | |
|----|-----|
| 1. | 7. |
| 2. | 8. |
| 3. | 9. |
| 4. | 10. |
| 5. | 11. |
| 6. | 12. |

VS



UNCOUNTABLE Foods

I can't count them: some, any, a lot of...

- | | |
|----|----|
| 1. | 6. |
| 2. | 7. |
| 3. | 8. |
| 4. | 9. |
| 5. | |

THINK ABOUT IT!



1. Which foods are healthy for an athlete like Leo? Give 3 examples.

- ★ _____
- ★ _____
- ★ _____



2. Which foods should he eat only sometimes? Give 2 examples.

- ★ _____
- ★ _____

Good food = Good energy = Better performance!