

VOCABULARY

- 1 Look at the photos and **circle** the correct options.
- 2 Match the beginnings of the sentences (1–8) with the ends (a–h).
- | | |
|--|--------------------------|
| 1 Nutrition is the food we eat | ☐ |
| 2 Hamburgers, ice cream and chocolate | ☐ |
| 3 The number of calories in food | ☐ |
| 4 Carbohydrates give us | ☐ |
| 5 Protein helps our bodies | ☐ |
| 6 Fruit and vegetables contain | ☐ |
| 7 A balanced diet | ☐ |
| 8 Lots of fibre is good for the stomach | ☐ |
- a tells us how much energy it has.
 b to grow and be healthy and strong.
 c a lot of **vitamins** A and C.
 d and how our body uses it.
 e the energy we need to move.
 f have a lot of **fat** in them.
 g and travels through the body quickly.
 h is eating a good variety of healthy food.



1 sneeze / cough



5 warm up / sweat



2 sneeze / cough

6 have a fever /
get enough sleep

3 go jogging / warm up



7 sweat / warm up

LANGUAGE IN ACTION

- 3 **Circle** the correct options.
- 1 Is there *little* / *enough* food for everyone or should I cook more?
- 2 We don't use too *many* / *much* milk products in our restaurant.
- 3 Owen's just gone out to buy *a few* / *a little* eggs.
- 4 We all need to relax and have *much* / *a little* fun.
- 5 My baby sister isn't *old enough* / *enough old* to make her own breakfast.
- 6 This article gives you *a little* / *few* ideas on healthy diets.



4 relax / get ill

8 get stressed /
get enough sleep