

Name: \_\_\_\_\_ Date: \_\_\_\_/\_\_\_\_/\_\_\_\_ Score: \_\_\_\_/100

**Homework 14**  
**Unit 8: Let's eat healthily!**  
**Lesson 5-6: Skills Time-Reading (Page 82-83)**

**Match the words with their meanings.**

| Words           | Definitions                                                           |
|-----------------|-----------------------------------------------------------------------|
| 0. Energy       | A. Food eaten between meals                                           |
| 1. Calorie      | B. Good for your body                                                 |
| 2. Snack        | C. Foods like brown rice and oats that contain all parts of the grain |
| 3. Sweet        | D. A mineral that helps build strong bones and teeth                  |
| 4. Salty        | E. The amount of power your body needs to work and move               |
| 5. Diet         | F. A substance in food that helps your body stay healthy              |
| 6. Vitamins     | G. The foods and drinks a person usually eats                         |
| 7. Source       | H. A unit used to measure energy in food                              |
| 8. Healthy      | I. Having a sugary taste                                              |
| 9. Whole grains | J. A place or thing that something comes from                         |
| 10. Calcium     | K. Having the taste of salt                                           |

**Write your answer here.**

|   |   |   |   |   |   |   |   |   |   |    |
|---|---|---|---|---|---|---|---|---|---|----|
| 0 | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| E |   |   |   |   |   |   |   |   |   |    |