

My name is: _____

WORKSHEET

Date: FFs5		Teacher's feedbacks
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Task 1. Which of the following are healthy habits? Choose the correct answers.

1. We should eat more **vegetables** / **candy**.
2. We should drink **soft drinks** / **water** every day.
3. It is healthy to eat **fresh fruit** / **lots of chips**.
4. We should **have breakfast** / **skip breakfast** every morning.
5. We should eat **balanced meals** / **too much fast food**.
6. It is better to eat **a lot of junk food** / **fresh food**.
7. We should eat **more sugar** / **less sugar**.
8. We should drink **enough water** / **too many sugary drinks**.
9. We should **sit all day** / **do regular exercise**.
10. We should eat **more fish and vegetables** / **more fried food**.
11. We should **eat too quickly** / **eat slowly**.
12. We should **get enough sleep** / **stay up late every night**.

Task 2. Read and write.

vegetables – fruit – healthy – water – junk food – exercise – meals
– sugar – vitamins – breakfast – meat – rice

1. I usually eat eggs and bread for _____ because I need energy before going to school.
2. My doctor says I should eat more _____ such as carrots, tomatoes and broccoli.
3. Apples, bananas and oranges are good kinds of _____ because they contain many nutrients.
4. We should drink enough _____ every day, especially when the weather is hot.
5. Eating too much _____ can cause health problems and make our teeth unhealthy.
6. Hamburgers, pizza and French fries are popular examples of _____. We should not eat them too often.
7. Lan eats a balanced diet and does exercise regularly. She has a very _____ lifestyle.
8. Playing football, swimming and cycling are forms of _____ that help us stay fit.
9. We should have three main _____ every day: breakfast, lunch and dinner.
10. Fresh fruit and vegetables provide our bodies with important _____ that help us grow and stay healthy.
11. Chicken, beef and fish are types of _____. They are good sources of protein.
12. Many Vietnamese people eat _____ with vegetables and meat for lunch or dinner because it gives them energy.

Task 3.

Write a paragraph of about 80 words about healthy eating.

You can use these phrases:

- I think healthy eating is important because...
- We should eat more...
- We should eat less...
- We should drink...
- It is also important to...
- In conclusion, ...

