English for Communication – M6/6

Vocabulary Worksheet: Food Choices and Sustainability
Theme: Food, Health, and the Environment

Read the story carefully. Choose the correct word from the word box to complete each blank. Each word can be used only once.

sugar	balanced	environment	resources
local	environment	reusable	portion
farmers	vegetables	organic	healthy
waste	nutrients	seasonal	sustainable
leftovers	processed	conserve	future

Last month, our teacher asked us to think about our food choices and how they affect our health and the (1) _____. I decided to make some changes to my daily eating habits.

First, I started eating a more (2) _____ diet. I began eating more (3) _____ because they contain important (4) _____ that our bodies need. I also try to avoid eating too much (5) _____ food and drinking beverages with too much (6) _____.

When shopping, my family and I try to buy (7) _____ food from nearby (8) _____. This helps support our community and reduces the distance food needs to travel.

We also try to reduce food (9) _____. Instead of throwing away extra food, we keep the (10) _____ in the refrigerator and eat them the next day. We bring (11) _____ bags when shopping instead of using single-use plastic bags. We sometimes choose (12) _____ products because they are grown without certain artificial chemicals.

Another good idea is to eat (13) _____ food. These foods are usually available during a particular time of the year. At home, we also try to (14) _____ water and electricity because natural (15) _____ are limited.

My mother always reminds me to take the right (16) _____ of food. We should take enough to eat but avoid taking too much. Making these small changes helps us develop (17) _____ eating habits.

I have learned that living a (18) _____ lifestyle does not require big changes. Even simple actions can make a difference. If everyone makes better choices today, we can help protect the planet and create a better (19) _____ for the next generation. It is important to remember that our actions can affect the (20) _____ around us.

LIVEWORKSHEETS