

Lessons 3–4 The Mediterranean way

- What kind of food do you enjoy eating?
- What kinds of food do you think are healthy and unhealthy?

Vocabulary

1 Label the pyramid with the headings A–F.

A Drink water

B Meats and sweets

C Fruit, vegetables, grains, beans, nuts, and seeds

D Physical activity

E Fish and seafood

F Poultry, eggs, cheese and yoghurt

