

AT THE MARKET

  Listen and point. Then listen and repeat.



VOCABOX

B Match the words and numbers.

☐ strawberries

☐ ham

☐ chicken

☐ potatoes

☐ tomatoes

☐ a steak

☐ pears

☐ broccoli

☐ bacon

☐ a watermelon

☐ sausages

☐ plums

☐ peppers

☐ spinach

☐ carrots

☐ cherries



Uncle Phil and Ms White are talking about their eating habits. Listen and read, then answer the questions.

1 Who likes a healthy breakfast?

2 Who likes a typical English breakfast?



Ms White: Breakfast is the best way to start a day. I usually have cornflakes with milk and some fruit. And I often have a glass of fresh orange juice. Around noon I have a light lunch at work. I usually have a steak and some vegetables. Sometimes I just have a big salad. I drink only water. In the evening I have a sandwich and yoghurt.

Uncle Phil: I never skip breakfast. It's the most important meal of the day! I always have a typical English breakfast: eggs, some bacon, sausages and a nice cup of tea with milk. For lunch I have soup, a sandwich and some crisps. And I often have an apple after lunch, because an apple a day keeps the doctor away! For dinner I have fish and chips.



E Tick: **true (T)** or **false (F)**.

- 1 Ms White usually has meat and vegetables for lunch.
- 2 For Uncle Phil, breakfast is the most important meal of the day.
- 3 A typical English breakfast is cornflakes and fruit.
- 4 An apple a day is good for you.
- 5 Uncle Phil has fish and chips for lunch.

T

☐
☐
☐
☐
☐

F

☐
☐
☐
☐
☐

D Complete the text. Use:

cornflakes

eggs

sausages

fruit

~~healthy~~

tea

milk

juice

English

I usually have a _____ breakfast. I have _____ with
_____ and some _____. And I often have a glass of
_____.

I always have a big _____ breakfast. I have _____,
_____ and a cup of _____ with milk.

E Unscramble the words and write them in the gaps.

- 1 Ms White usually has a light (unlhc) _____.
- 2 She usually has a (tsaek) _____ and some vegetables.
- 3 She sometimes has just a big (dlsaa) _____.
- 4 Uncle Phil never skips (fstarekab) _____.
- 5 He often has an (ppale) _____.

I Read Ms White's *Tips for Healthy Living*. Match.

Our Class Online

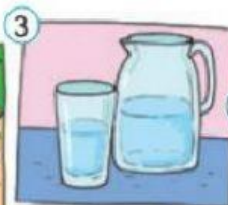
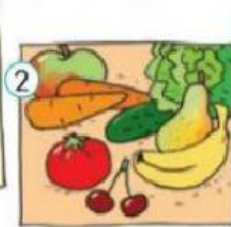
Home

Trips&Visits

Projects

News

Tips for Healthy Living



- 1 Start the day with a healthy breakfast.
- 2 Eat more vegetables and fresh fruit.
- 3 Drink a lot of water.
- 4 Brush your teeth three times a day.
- 5 Be active every day.

- ☐ Your body needs 5 glasses a day.
- ☐ It keeps the dentist away.
- ☐ Your body needs energy for the day.
- ☐ Get moving! It keeps your bones strong.
- ☐ They give you vitamins.

K Match the sentences.

- 1 I'm hungry!
- 2 I'm sleepy.
- 3 I'm thirsty.
- 4 I'm late for school.

- ☐ Drink a glass of water!
- ☐ Run!
- ☐ Eat a sandwich!
- ☐ Go to bed!