



Enter ticket 5

Name: _____ Class: _____

Directions: 

Watch the video and fill the gaps using the words from the box. (Drag and drop)



Key words:

GROW	BE HEALTHY	BODY	ONE TO THREE	CEREALS	PASTA	RICE
FATS & SWEETS	MINERALS	BE STRONG	VITAMINS	MEAT	LITTLE	MILK
DAIRY	HEALTHY EATING	DAILY	EVERY DAY	EGGS	POTATOES	BREAD
FOOD PYRAMID	FISH	BAD	CHEESE	FIVE	BUTTER	STRONG

The video is about _____

Healthy foods are fundamental for our existence, they help us _____
_____ and _____

We need to learn about the _____ and follow its steps.

The 1st step is about _____, it is the worst one, we must eat _____

From this step. They are very _____ for our _____





The 2nd step is formed by _____, _____ and _____

It is important to eat this food _____

The 3rd step is all about _____, It consists of _____, _____
and _____. You must eat this food from _____ times a day.

Fruits and vegetables feed our body with _____ and _____ allow us to
stay safe and _____.

Doctors recommended eating them _____ times a day.

The 5th step is the group of _____, _____, _____, _____
and _____. You must eat them _____

