

A. Try to eat fruit / vegetable and complete the table.

Fruit/vegetable	Prediction	Result	
	Will you like it?	How did it taste	Did you like it

B. Choose the correct word

1. It is easy to become _____ when running long distance.
2. Humans can only live without water for _____.
3. Get tired and a _____ because of not drinking enough _____ is called being dehydrated.
4. _____ and _____ are a very important part of a healthy diet.
5. A _____ shows how much of each food group you should eat.