



NAME:

GRADE/COURSE: 7th

PROJECT:

WEEK:

DATE:

TEACHER:

KEEP HEALTHY



Eating healthy food and drinking water can help you fight covid-19 and other diseases

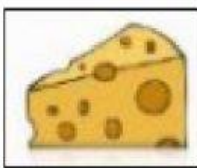
1. Read the following article then circle the foods

Veggies vs. Meats.

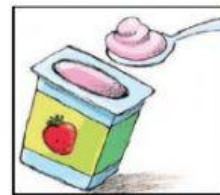


Did you know that vegetarians do not eat meat but they eat products that come from **animals** like milk, yogurt, cheese, honey, etc.? Contrary to **vegetarians**, vegans do not eat any **product** from animals. Vegetarians live **eight** years more than the **general population**. That is mainly because they eat healthy food, they keep fit and **process** food quickly.

2. Label the pictures. Use the vocabulary from the article.







3. Match the words with their definitions

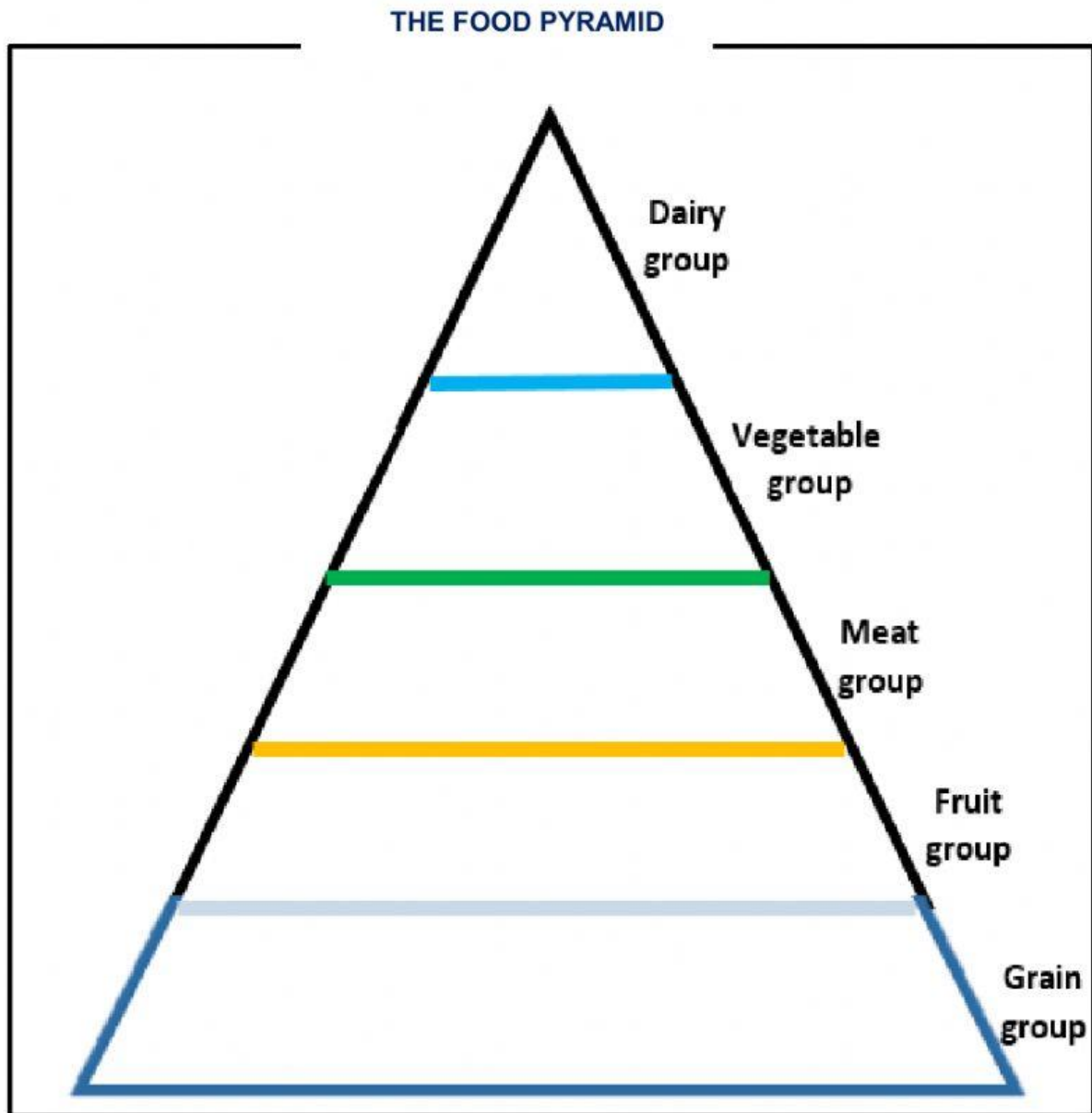
a. Vegetarians _____ state of physical, mental and social well-being



- b. Meats _____ a person who does not eat meat
- c. Healthy _____ the flesh of animals as used for food

DRAG AND DROP

4. Complete the main food groups Pyramid with pictures.





ESCUELA DE EDUCACIÓN BÁSICA
"PROVINCIA DE IMBABURA"



Miss
Diana TT

