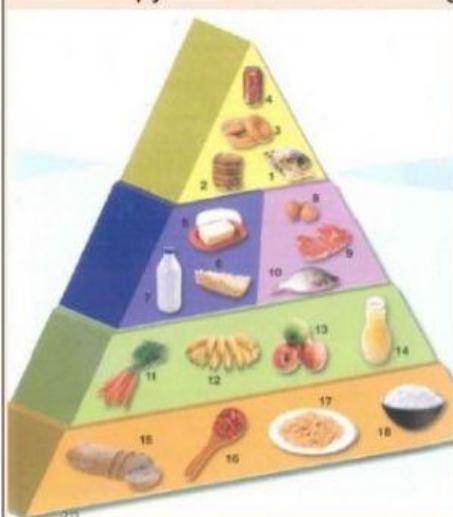


Unit 6 – Assignment

1) Read this article and then answer true (T) or false (F):

The Healthy Eating Pyramid

The food pyramid shows different groups and food choices that form the basis of a healthy diet.



This is true when the correct serving sizes are used. The food pyramid places food items in categories, such as fats, oils and sweets (yellow group); dairy products (blue group); meat, poultry, fish and eggs (purple group), fruit and vegetables (green group) and bread, cereal, rice and pasta (orange group). According to the food pyramid, we should try to eat every day at least the minimum number of servings from the five food groups illustrated in the chart. It is one way for people to understand how to eat healthily.

Basing our choices on the food pyramid can definitely contribute to eating well and feeling well too. The basic principle of the food pyramid is to eat lots of the green and orange groups, some of the blue and purple groups and not much of the yellow one. This chart also helps us to understand that we should eat a variety of food items to get the nutrients we need and, at the same time, the right amount of calories to maintain a healthy weight. We can very easily visualize the quantity of food in each group that we must eat in order to stay healthy. Generally speaking, the key to a well-balanced diet is to enjoy a wide variety of high quality food items that include fruit and vegetables.

(Adapted from www.gymnasticsstuff.com/eat_healthy_article.htm)

1. The food pyramid is a chart to help us eat healthily.
2. To eat healthily, there is no need to eat some food items every group.
3. A healthy diet includes lots of the food items in the green and orange groups.
4. Varied good quality food items, fruit and vegetables are important in healthy diets.

II. Grammar and Use of English

2) Complete with a / an, some or any:

- 1 A: - I'd like to have chocolate cookies, please.
B: - How many would you like?
- 2 My brother doesn't eat meat. He's a vegetarian.
- 3 I usually eat toast and jam for breakfast.
- 4 A: - Do we have margarine at home, dear? How much?
B: - Yes, we do. We have two tubs.
- 5 My parents never drink coffee or tea.
- 6 I'd like to have big Caesar salad and apple pie for dessert.

3) Then circle the correct answer:

a) My brother eats **much / lots of** chips.

b) Do you drink **much / many** water at school?

c) I generally don't eat **any / many** fruit.

d) I eat very **few / little** meat. My cholesterol level is high.

e) There are very **few / little** pizza places in the city centre.

f) A: - How **much / many** sugar do you take in your tea?
B: - Just **a few / a little**, please.

g) How **many / much** calories should we eat per day to stay healthy?

h) The takeaway is almost empty. There are **a few / few** people buying food today.

4) Write U (Uncountable) or C (Countable) next to the following words.

E.g. meat **U**

mouse **C**

1- Video-games

2- computer

3- orange

4- players

5- shops

6- butter

7- fruit

8- cereal

9- rice

10- coffee

5) Choose

1) We **had** breakfast at 7.15 a.m. yesterday.

a) haved

b) has

c) **had**

2) he watch TV last night?

a) Does

b) Did

c) Do

3) were you from?

a) What

b) Where

c) When

4) four pencils in my pencil case yesterday.

a) There was

b) wasn't

c) There were

5) She at the park last night.

a) weren't

b) were

c) was

6) they at the school with you?

a) Was

b) Did

c) Were

7) I Maths yesterday with my sister.

a) study

b) studied

c) **studied**

8) My father a new cell phone last week.

a) buy

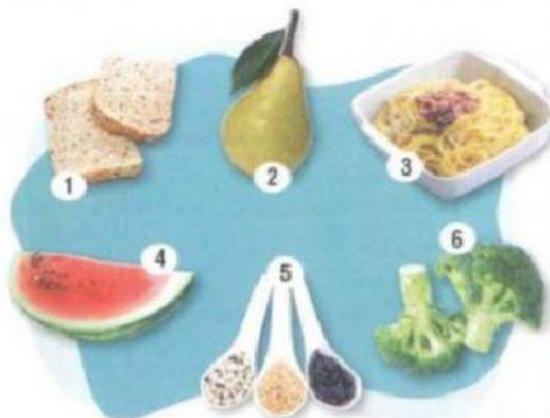
b) buyed

c) bought

8) Match five of the items on the list to the pictures:

Examples of portions:

- () a large slice of watermelon
- () a piece of fish
- () two pieces of broccoli
- () two slices of wholemeal bread
- () a bowl of cereal
- () a medium pear
- () three spoonfuls of beans
- () a tray of spaghetti



9) Complete the sentences using slices(s) of, bowl(s) of, piece(s) of or spoonful(s) of:

- a) Lindsay always has two bread in the morning.
- b) Mary has a honey before breakfast.
- c) David has a large cereal in the morning.
- d) My sister loves fish: she often has three salmon for lunch.

IV. Listening

10) Listen to Jessica, Kayla and Brenda. Choose the menu they usually have at their school cafeteria:



(ESTE LO HAREMOS EN CLASE)