

VEGETABLES

1. Unscramble the names of vegetables

- 1 - PNTIUR _____
- 2 - TOOMTA _____
- 3 - OTTAPO _____
- 4 - RPEPPE _____
- 5 - ONRC _____
- 6 - GLRCIA _____
- 7 - NRCIOFLLEEU _____
- 8 - RCBEUCMU _____
- 9 - IOONN _____
- 10 - NCHZUICI _____
- 11 - EBET _____
- 12 - KPUMNIP _____

2. Guess a riddle

I'm red but I'm not a stop sign I contain seeds but I'm not a pepper I'm often round but I'm not a cherry I sometimes grow on vines but I'm not a grape I'm used to make sauce but I'm not a chili I'm used to make salsa but I'm not an onion	This is grown underground But has skin and eyes It can be eaten mashed Roasted or as fries
This is a root vegetable That can be red, white or green It can make you cry a lot Even though it is not mean	Rabbits like to eat me When I grow in a field This orange vegetable Tastes best when it is peeled

EATING VEGETABLES

Vegetables (to be) _____ very good for our health. Everybody should eat them regularly.

First, you (not to cook) _____ always _____ them. You can (to eat) _____ some of them raw and fresh. Those (to be) _____:



_____,



_____,



_____,



_____.

Second, it (to be) _____ very easy to find. They (to grow) _____ everywhere.

Third, they (to have) _____ fiber that (to be) _____ good for digestion. In addition, vegetables (to have) _____ low calories. So, you (not to gain) _____ weight. Also, vegetables (to be) _____ rich in vitamins and minerals. Eating vegetables (to keep) _____ us fit and healthy.

Word Bank

should eat - следует есть

very easy to find - легко найти

fiber - волокно

digestion - пищеварение

in addition - вдобавок

to gain weight - набирать вес, поправиться

to lose weight - похудеть

fit and healthy - стройный и здоровый

Choose if the sentences are true or false

1. We should eat vegetables every day.
2. Potatoes can be eaten fresh and raw.
3. Vegetables is a high-calorie food.
4. Eat vegetables if you want to gain weight.
5. Vegetables are rich in vitamins and minerals.

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