ESCUELA DE EDUCACIÓN BÁSICA "PROVINCIA DE IMBABURA"

Miss. Lic. Diana TT

2nd Quim

NAME:	GRADE: 7th	PROJECT: 4	WEEK: 1
DATE:	2021 - 2022		

Take Care of Your Health

DID YOU KNOW?

"Eat breakfast like a king, lunch like a prince, and dinner like a pauper.

BEFORE START:

Look at the pictures and try to guess the meaning

To select

Foods to include in a healthy lunch box.

broccoli

carrot

soda

fruits

cereal

candies

milk

yogurt

pizza

LIVEWORKSHEETS

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1. Complete the chart with healthy foods. Write your own examples

Fresh fruits	
Vegetables	
Dairy food	
Grains and cereals	

2. Choose the four correct sentences:

Doctors and nutritionists recommend:

a. To do exercises

b. To eat with family

c. To drink coke

d. To play computer games

e. To eat in front of the tv

f. To eat at the same time everyday

g. To drink water.

LIVEWORKSHEETS