

# UNIT 2 REVISION:

## "FOOD FOR FRIENDS"

### 1. READ AND WRITE THE WORDS:

Vitamins and minerals help us to grow and be healthy. Vitamins are organic. Animals and plants make vitamins. Minerals are inorganic. Animals and plants absorb them from soil and water.

#### Vitamins



**Vitamin A** is important for your eyes. It helps you to see at night and to see in colour!

Foods with vitamin A: milk, carrots, pumpkin, broccoli, spinach.

**Vitamin C** helps your body to resist infection. Thank vitamin C when your cuts heal! It gives you strong teeth and bones too. Foods with vitamin C: kiwi, blueberries, oranges, spinach.



**Vitamin B** helps your body to convert food into energy. Say thank you to vitamin B when you win a race!

Foods with vitamin B: meat, fish, bread, eggs, spinach.



**Vitamin E** helps to keep your muscles strong.

Foods with vitamin E: nuts, avocados, spinach, broccoli, eggs, cereals.

**Vitamin D** is important for strong bones and teeth.

Your body makes vitamin D in your skin from sunlight too.

Foods with vitamin D: fish, milk, eggs, cereals.

#### Minerals

**Calcium** is in milk, yogurt, sardines and broccoli. It helps you to have strong bones and muscles.



**Iron** keeps your hair and skin strong. It's in cereals, red meat and nuts.

1 Your body makes this vitamin from sunlight.

2 This mineral keeps your hair and skin strong.

3 There's vitamin A, E and calcium in this vegetable.

4 These vitamins are important for strong bones.

and

5 This vitamin helps you to see at night.

6 There's vitamin B, D and E in this food.

2. Write the words in the correct place: isn't, some, any, are, aren't



**brownie**  
chocolate, flour,  
eggs, butter, nuts,  
sugar



**omelette**  
butter, cheese,  
eggs, ham, salt



**pancakes**  
butter, eggs, milk,  
flour, honey



**asparagus and  
cheese pizza**  
flour, olive oil, salt,  
asparagus, cheese



**blueberry pie**  
flour, blueberries,  
sugar, butter

1	There aren't		eggs in this recipe, but there is		butter.
2	In this food, there		some eggs, but there isn't		flour.
3	There		any cheese in this recipe, but there's		milk.
4	There are		nuts in this food, but there		any olive oil.

3. Read and write SOME or ANY:

- 1 There is  olive oil.
- 2 There is  honey.
- 3 There aren't  eggs.
- 4 There aren't  chillies.
- 5 There are  nuts.
- 6 There isn't  butter.

4. Look and complete with sentences:



There isn't any flour.



- honey ✓
- nuts ✓
- flour ✗
- apples ✗
- sugar ✓
- olive oil ✗
- onions ✓

5. Look and choose the correct word:



there any chillies?

there any flour?

there any milk?

there any apples?

there any butter?

there any lemons?



6. Look and make questions:

1 pears: *Are there any pears?*

2 cheese:


3 eggs:

4 sugar:

5 potatoes:

6 nuts:

7. Read and write about you.



Hi, I'm Ellie. I love eating healthy food. I prefer savoury food to sweet food, but I really like fruit. My favourite dish is shepherd's pie. It's delicious! I don't like salty food and I hate pizza. I quite like to try new food. What about you?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

8. Look and write the correct extreme adjective:

very big =

very tasty =

very good =

very bad =

very funny =

very scary =

9. Read and complete with the correct extreme adjective:



- 1 Planet Earth is big, but Jupiter is .
- 2 Yum! I love this pasta with mushrooms. It's .
- 3 I watched a new comedy programme last night. It was .
- 4 This is my favourite videogame, the graphics are .
- 5 Yuck! I hate these sweets, they're .

10. Read and match the description with the correct picture:

golden bees sweet	yellow milk toast	white baking bread	round vegetable cry	red spicy Mexico	small trees brown	vegetable long green	fruit purple small

11. Read and complete the dialogue:

Hi, Tommy. Do you like spicy f ?

Well, s  food is OK, but I really like s  food like cakes and  c .

W  about fruit?

That's easy. I love sp  with t  sauce. Mmm!

Oh, yes! I think it's d . My favourite d  is curry from India. How about you?

I don't  sweet things. I think they're h .

Oh, yes, I like f , especially b  and m . What's your favourite food?

12. Look and complete:

1	Is there any	cereal?	Yes, there is.
2		honey?	
3		sausages?	
4		juice?	
5		oranges?	
6		milk?	
7		butter?	
8		blueberries?	
9		nuts?	
10		bread?	

