

# 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 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 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 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.

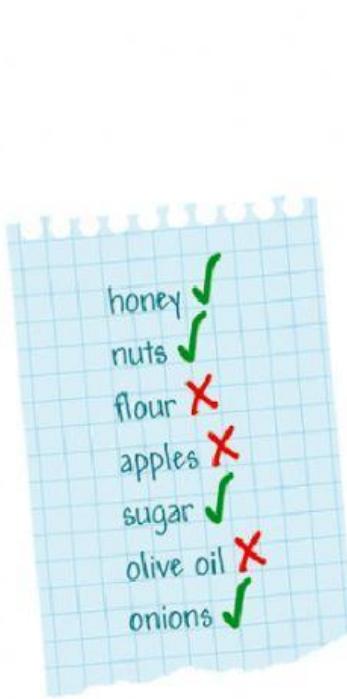
3 There aren't  eggs.

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.



\_\_\_\_\_.



\_\_\_\_\_.



\_\_\_\_\_.



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?

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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:



11. Read and complete the dialogue:

Hi, Tommy. Do you like spicy ?

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

What about fruit?

That's easy. I love  with  souce. Mmm!

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

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

Oh, yes, I like , especially  and  . 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?	

