

**2** Write a verb for a cooking method under each picture. The first letter has been provided. ↔



A. s \_\_\_\_\_



B. d \_\_\_\_\_



C. s \_\_\_\_\_



D. b \_\_\_\_\_



E. r \_\_\_\_\_



F. g \_\_\_\_\_



G. s \_\_\_\_\_



H. s \_\_\_\_\_

**3** Fill each blank with a word/phrase in the box. There is one extra word.

stew

sushi

grill

steam

hamburger

deep-fry



Well, I think there are some ways to keep fit. Firstly, we should eat healthily. Don't eat too much fast food. Some people have a big (1) \_\_\_\_\_ and a soft drink for lunch. It isn't a good idea because that meal doesn't include any vegetables. Instead, if they want to have a quick healthy lunch, they should buy some avocado (2) \_\_\_\_\_. Secondly, we shouldn't (3) \_\_\_\_\_ food. We should (4) \_\_\_\_\_ it. Steamed dishes don't use any fat. If you like, you can also (5) \_\_\_\_\_ lean meat with vegetables. It's healthy and nutritious.