

E7 Unit 12: Let's eat

I, Hoàn thành đoạn văn với từ cho sẵn

What, stay, variety, must, affects, balanced, Moderation, but

We know that the food we eat (1) _____ our whole life, so we (2) _____ remember to eat sensibly. We should have a (3) _____ diet. (4) _____ does a 'balanced diet' mean? It means you eat a (5) _____ of food without eating too much of anything. (6) _____ is very important. Eat the food you enjoy, (7) _____ don't have too much. This will help you (8) _____ fit and healthy.

II, Sử dụng từ gợi ý hoàn thành đoạn văn

Tell, put, vegetables, how, wash, taste, into, salt, do, easy

Lan: Do you know (1) _____ to cook vegetables well, Hoa?

Hoa: Oh, yes. It's not difficult at all.

Lan: (2) _____ me, please.

Hoa: First, you (3) _____ the vegetables carefully. Next, you pour water (4) _____ the sauce pan and heat it until it is boiled. Add a little (5) _____ to the water, and then put the (6) _____ in the sauce pan. Wait about three minutes. Then take the vegetables out of the pan and (7) _____ them on dish.

Lan: Why (8) _____ we add salt to the water?

Hoa: To make the vegetables green and have a good (9) _____.

Lan: Well. It's so (10) _____. Thank you very much, Hoa.