

Arrastra el cartel correcto a cada imágen. Drag and drop the correct piece of text to each picture.

All 4 legs of your chair must be in contact with the floor!

Don't touch sockets.

Don't run on the stairs.

Always tie your shoelaces.

Obey signs. Respect the rules.

When there is water on the floor, clean it up.

Before crossing a road, look both ways.

Chew your food well.

Never talk to strangers.

For our personal safety, we must respect some important rules:



2 Which rules must you respect to stay safe? Tick (✓).

- Sit up straight and cross your legs.
- Don't talk to strangers.
- Before crossing a road, hold an adult's hand and look both ways.

## Enjoy your meal!

1 Read and think. Then, listen and answer.



Do you know what this picture is?

Is it a food pyramid?

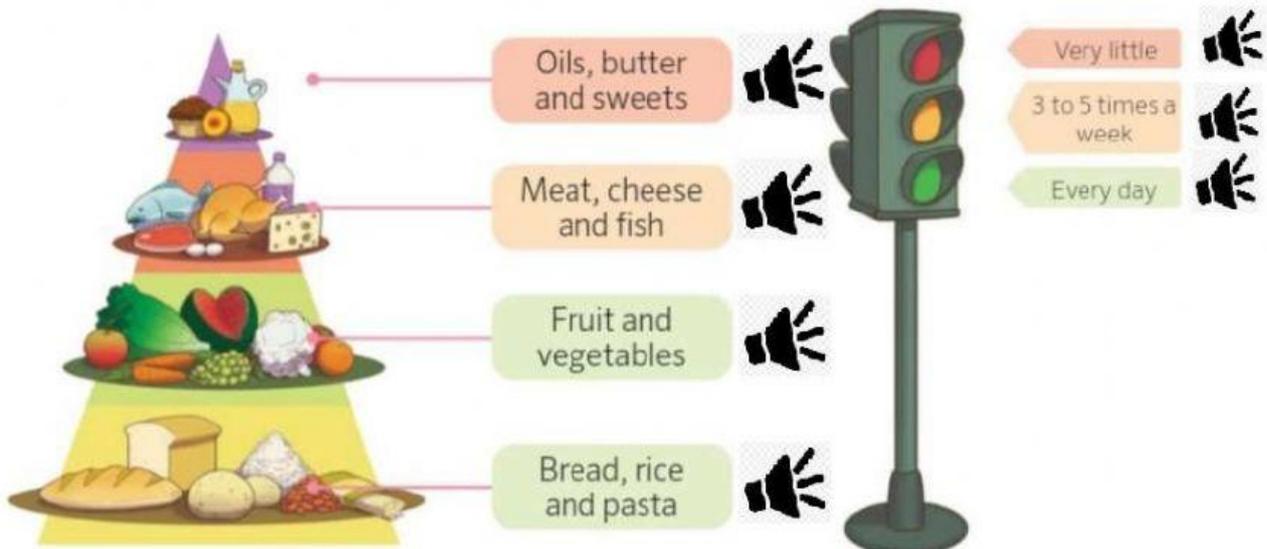


## A healthy diet

A diet must be **varied** and **balanced**.

FOOD PYRAMID 

Using the **food pyramid** is important. It shows how many times a week we can eat different types of food.



2 Listen and stick. Then, circle in the correct colour.



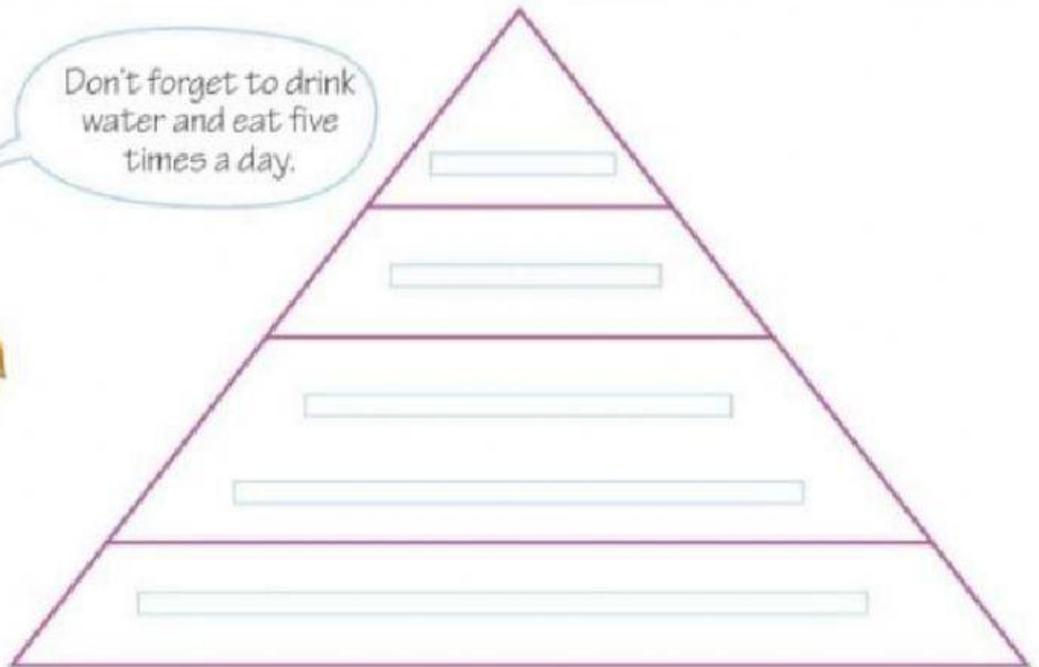
-  Every day
-  3 to 5 times a week
-  Very little

1	2	3
4	5	6

3 Write the words in the correct place.



- lettuce
- apple
- potato
- chicken
- muffin



4 Work in pairs and make sentences.

 I can eat ...

+



+

- very little
- 3 to 5 times a week
- every day

3 Write yesterday's menu. Then, circle the food in the correct colour.



Every day



3 to 5 times  
a week



Very little

First course:

Main course:

Dessert:

Drink:

4 Read and write True (T) or False (F).



Do exercise to be healthy.



Put all food products in the fridge.



All food products have an expiry date.



A balanced diet is eating five times a day.

