LET´S EAT HEALTHY FOOD!

Name: _____ **Grade:** _____

I. Read the text and choose True (T) or False (F):

	TRUE	FALSE
1. Pizza and hamburgers are healthy food.		
2. Donuts can be part of our regular diet.		
3. It´s good to eat vegetables.		
4. Fish and eggs are protein		
5. Fish and chicken are processed meats.		

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II. Read and complete with the correct word:

1. A good source of calcium and vitamind D is .....
2. Eat fruits of different .....
3. Bacon and sausages are .....
4. Apples, pears and oranges are .....

III. Listen the conversation and complete:

Maria: Do you eat healthy?

Carlos: Yes, I do. I eat fruit and vegetables.

Maria: How often do you eat fruits?

Carlos: I eat fruits everyday. My favorite fruit is .....

Maria: How often do you eat vegetables?

Carlos: Well, I eat vegetables everyday too. I like .....and

.....

Maria: Oh. That´s good!

See you next class!!!

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