LET´S EAT HEALTHY FOOD!

Name: _____ **Grade:** _____

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

What is healthy eating?

Donuts, pizza, hamburgers and ice-cream sound like fantastic things to eat, but are they really healthy? We all like that sort of food, but it can't be part of our regular diet. What should be part of our diet then? Here are a few tips for you:

- The more vegetables, the better (except potatoes)
- Eat plenty of fruits of all colors like apples, pears and oranges.
- Choose beans and peas as well as fish and eggs for protein.
- Stay away from processed meats like bacon and sausages.
- Don't use too much butter.
- Milk is a good source of calcium and vitamin D.
- Water is always the best choice.

	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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