Unit 3
Health and illness

1. Complete the gaps with the words in the box.

vegetables	nutrients	food
fruit	grains	proteins
water	energy	

a. If you follow a healthy diet it means you eat food with different .....

b. Healthy food gives us .....

b. We need ..... and ..... to survive.

c. We have to eat: ....., ..., ... and .....

LIVEWORKSHEETS

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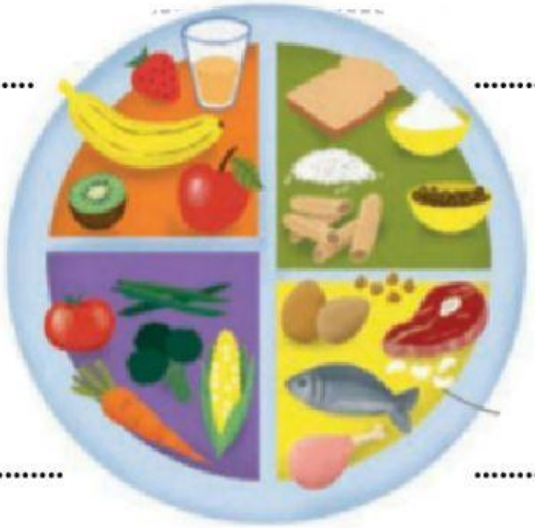
2. Choose the correct option.

....



....

a. Some examples of fruits are: .....

b. Some examples of vegetables are: .....

c. Some examples of proteins are: .....

d. Some examples of grains are: .....

LIVEWORKSHEETS

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3. Which of these actions are healthy habits? Tick.

Sleep 9 hours	Eat food with lots of sugar
Smoke	Over-eating
Drink alcohol	Wash our hands
Watch a lot of TV	Do exercise 3 times/week

LIVEWORKSHEETS