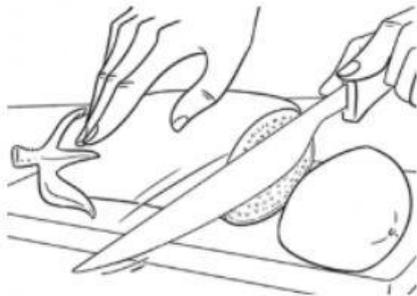
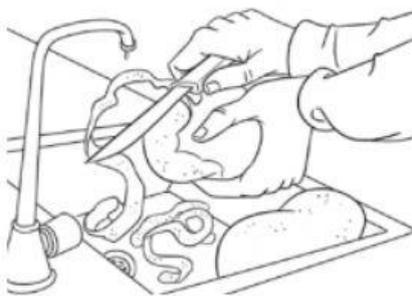


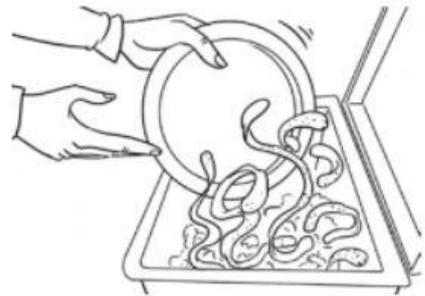
A Read and choose.



1 You need to grill / cut up the vegetables before you cook them.



2 We always peel / mix potatoes in the sink.



3 Make sure you mix / throw out the trash in the trash can.



4 I like to grill / peel fish because it is healthier.



5 My mom says we can fry / cut up eggs on the stove.



6 I like to grill / mix vegetables together to make a salad.

___ /5

B Read and complete. There's one word you don't need.

nuts fat protein dairy ~~meat~~ carbohydrates sugar

I'm really happy because I had a very good diet today! I ate 1 meat for lunch and fish for dinner. I also had a bag of 2 _____ on the bus on the way from school. This gave me lots of 3 _____. With my fish for dinner I had rice, which gave me 4 _____. I also had a glass of milk and some yogurt for breakfast. These are both 5 _____ and keep my bones strong. And I had toast with a little butter. Butter has 6 _____, which is good for you, but only if you eat a little.

___ /5