

Diet

1. Unscramble the words, which are foods we should eat to have a healthy diet. Then, write them in the correct column.

deabr sibstuic ceri tilsnel easp evoli loi ttbuer mikl
 eesech ckichen shif mah storrac ananab aroegn
 wiki terwasonmel rawstbieserr oatmot geettourc pesrepp sgeg

Cereals	Oils and fats	Dairy	Meat, eggs, pulses, fish, nuts	Vegetables	Fruits

2. Read the example and write four more sentences following the same structures.

It + is + important + to eat + foods from each food group every day.

a) to eat / it / important / foods from each food group every day / is.

b) is / processed foods / to avoid / necessary / it

c) it / food with fibre / is / essential / to eat

d) saturated fats / is/ to eat / unhealthy / it
