



Name: .....

Class: 4.....

Date: .....

Unit 1 – How can we eat well?

### VOCABULARY 1

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#### 1 Unscramble the words.

- |                     |                       |
|---------------------|-----------------------|
| 1. mnreilas .....   | 6. riyad .....        |
| 2. uicmcla .....    | 7. bcayrdhoacts ..... |
| 3. tienrpo .....    | 8. rbfei .....        |
| 4. itmvanis .....   | 9. tburte .....       |
| 5. vtgeeelbas ..... | 10. salf .....        |

#### 2 Choose words from Exercise 1 to fill in the blanks below.

- ..... helps food move through your body.
- ..... in dairy products is good for your bone and your teeth.
- My favorite ..... are carrot and onions.
- We get ..... from meat and fish.
- Oil and butter contains good .....
- Calcium and iron are kinds of .....
- Don't eat too much ..... like cheese, butter, and cream.
- ..... in bread and pasta give us energy.
- Fruits give us a good intake of .....
- My mom spreads ..... on bread.

#### 3 Look and choose.

- My grandma plants a lot of **vegetables / fibre** like potatoes and cabbages in the garden.
- Protein / minerals** in meat, egg and fish helps your body grow and be strong.
- Eating **vitamins / carbohydrates** before playing sports gives you more energy.
- Oil / fiber** from plants like olive and palm is good for your health.
- Protein / Fat** keeps us warm and restores energy.
- There's a lot of **fiber / calcium** in vegetables and fruits.
- Iron / Dairy** is an important mineral for your body.
- Butter / Oil** is a kind of fat which is solid.

#### 4 Odd one out

- |                |             |            |              |
|----------------|-------------|------------|--------------|
| 1. A. bread    | B. pasta    | C. orange  | D. cereal    |
| 2. A. dairy    | B. butter   | C. cheese  | D. milk      |
| 3. A. mineral  | B. protein  | C. fiber   | D. vegetable |
| 4. A. oil      | B. cream    | C. butter  | D. fat       |
| 5. A. minerals | B. vitamins | C. protein | D. nutrients |