

## Food for Health

### Guess and write the words.



- 1 There are many g in bread.
- 2 We need b to make this soup.
- 3 I don't eat sweets because I'm on a d.
- 4 Tim is strong and he always eats h food.
- 5 I need to eat something because I have no e to work.
- 6 Fruit and vegetables are in the same f.
- 7 Milk is n to keep your teeth and bones healthy.
- 8 It takes time for your body to d the food you've eaten.

**Read the text on pages 79-80 in the SB and choose *a*, *b* or *c*.**

- 1 The text is about \_\_\_\_\_.  
*a) good manners   b) healthy food   c) different cuisines*
- 2 You need to eat fruit and vegetables at least \_\_\_\_\_.  
*a) once a day   b) three times a day   c) four times a day*
- 3 Nuts and beans are in the \_\_\_\_\_.  
*a) meat group   b) milk group   c) cereal group*
- 4 Dairy products are \_\_\_\_\_.  
*a) milk products   b) fish products   c) meat products*
- 5 Grains make people \_\_\_\_\_.  
*a) strong   b) big   c) energetic*
- 6 You need to drink a lot of \_\_\_\_\_.  
*a) cola   b) water   c) coffee*
- 7 A snack is something you eat \_\_\_\_\_.  
*a) before meals   b) after meals   c) between meals*
- 8 Good manners can also help you \_\_\_\_\_.  
*a) be more polite   b) digest your food better   c) enjoy your food more*

