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*



LIVEWORKSHEETS