

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

