



Let's stay healthy

Vocabulary



1 Look and write. What's the hidden food?



2 Look at Activity 1. Write.

1 Watermelons, lemons,
_____ and _____
are types of fruit.

2 Onions, _____ and
_____ are types of vegetable.

3 Some people put _____ on food
to add flavour but it isn't very healthy.

4 Sweets and _____ contain
a lot of sugar.

Remember!

a lemon → some / a lot of lemons
chocolate → some / a lot of chocolate



4 Lesson 1 Food



Talk to your family about your favourite and less favourite food.