

4

YOU ARE WHAT YOU EAT

VOCABULARY

Food and drink

1 ★ Complete the table with the words in the box.

apples bananas beans cheese
chicken eggs fish fizzy drink water

Food from plants	Food from animals	Drinks
apples		



2 ★★ Circle the correct answers in the quiz.

ALL ABOUT FOOD AND DRINK

- Which food is NOT usually a cake?
a chicken b chocolate
- Which of these is NOT protein?
a meat b carrots
- Which of these is NOT from fruit?
a juice b chocolate
- Which of these is NOT from a plant?
a meat b rice



3 ★★★ Complete the food words in the text.



I'm Zara from Malaysia. I usually have kaya toast with ¹e.g. s for breakfast. I have lunch at school. Lunch is usually rice and ²me or ³ch curry with vegetables. I drink ⁴ju made from orange and purple ⁵ca and red ⁶ap. It's yummy! My mum cooks dinner. I love her ⁷fi curry with ⁸be. We always drink ⁹w.

4 ★★★ What is your favourite food for breakfast, lunch and dinner? Write about what you eat. Use Exercise 3 to help you.

I usually have...

Explore it!

Guess the correct answer.

Which country grows millions of bananas?

a the UK b Ecuador c China

Find an interesting fact about food in your country. Then send a question in an email to a classmate or ask them it in the next class.

