

## 3

## A healthy lunch



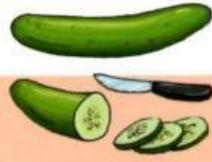
fruit



vegetables



apricot



cucumber



broccoli

## Reading

## 1 03 Read and listen.

Look in your lunch box. What have you got? Have you got fruit? Have you got vegetables? It's always good to eat fruit and vegetables.

## Healthy food

Eat something from each group every day.



carrots  
salad broccoli  
cucumber  
bread  
rice

apples  
apricots bananas  
grapes  
fish  
chicken eggs  
cheese



Healthy drinks are water, juice and milk.

## Unhealthy food

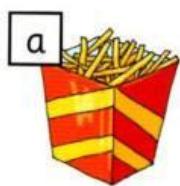
You can eat these things, but don't eat them every day.

fries  
burgers pizza  
ice cream



# Comprehension

2 Are these foods healthy (✓) or unhealthy (✗)?

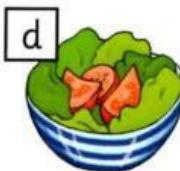


✗

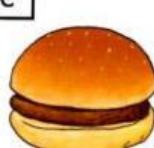
a



c



d



e



f

3 Write the food and drink in the table.

apples      broccoli      cucumber      water      grapes  
apricots      milk      salad      juice

Fruit	Vegetables	Drinks
apples		

4 Read and answer with Yes, he/she has. or No, he/she hasn't.

1 I've got an apple, a salad and a cheese sandwich.

Has he got a healthy lunch?

Yes, he has.

2 I've got a burger, fries and a milkshake.

Has she got a healthy lunch?

\_\_\_\_\_

3 I've got fish with rice, grapes and cucumber.

Has she got a healthy lunch?

\_\_\_\_\_

4 I've got pizza and ice cream.

Has he got a healthy lunch?

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