

3

A healthy lunch



fruit



vegetables



apricot



cucumber



broccoli

Reading

1 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

apples
apricots bananas
grapes



bread
rice

fish
chicken eggs
cheese



Healthy drinks are water, juice and milk.

Unhealthy food

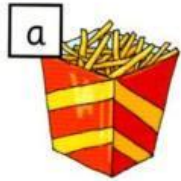
You can eat these things, but don't eat them every day.

fries
burgers pizza
ice cream

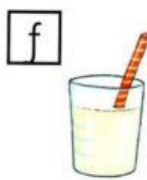
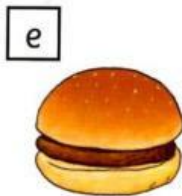
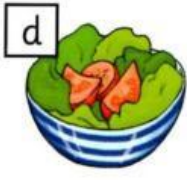
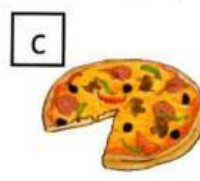
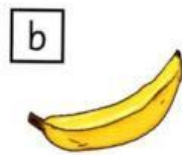


Comprehension

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



✗



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?