

LISTENING food groups

Listen to the radio show about food groups.
Complete the example of the groups.



1 carbohydrates: bread, pasta, _____, potatoes
2 fruits and vegetables: apples, oranges, _____, carrots
3 protein: meat, _____
4 milk and dairy: _____, yoghurt
5 fats and sugars: cakes, _____, sweets, crisps

Complete the gaps with the one word.

- 1 Carbohydrates give us _____.
- 2 Fruits and vegetables contain important _____.
- 3 Protein helps our bodies to _____ and repair.
- 4 Milk and dairy are important for our bones and _____.
- 5 You should eat fats and sugars _____ or _____ a week.