Reading Sb.p. 8-9. Healthy food.

I. Write TRUE or FALSE (7 points)

1) Carbohydrates give your body energy. TRUE/FALSE
2) Too much salt, sugar, fat is healthy. TRUE/FALSE
3) Fruit and vegetables have a lot of fat. TRUE/FALSE
4) Too much fat can make you happy. TRUE/FALSE
5) Fruits and vegetables have a lot of vitamins. TRUE/FALSE
6) Proteins help our body to grow big and strong. TRUE/FALSE
7) You should drink about 1,5 litres a day. TRUE/FALSE

II. Read the text again. Complete the sentences. (5 points)

1) Fruits and vegetables have a lot of _____
2) Potatoes, rice, bread is food with _____
3) Diary food have _____
4) Meat, fish, eggs have_____
5) Carbohydrates give your body_____

III.Find in the text healthy and unhealthy food. Write it into the correct column. (9points)

HEALTHY FOOD	UNHEALTHY FOOD
1. 2. 3. 4. 5. 6.	1. 2. 3.

IV. Complete the chart. Find in the text and write food in correct column. What product does it contain? (15 points)

Carbohydrates	Vitamins	Proteins	Iron	Fibre
1. **2.** **3.** **4.**	**1.** **2.**	**1.** **2.** **3.** **4.**	**1.** **2.** **3.**	**1.** **2.**

VI. Translate (4 poits)

1) Правильная еда
2) Помогают оставаться здоровым
3) Молочные продукты
4) Волокно

Total _____/40 points

LIVEWORKSHEETS