

UNIT 1: FOOD FOR LIFE

VOCABULARY PRACTICE

DIET - MEALS - DISHES - PREPARE - INGREDIENTS -
AVAILABLE - FARMERS - VARIETY - CROPS - SPECIAL

A BALANCED _____ IS IMPORTANT FOR A HEALTHY LIFE.
MANY PEOPLE PREFER HOME-MADE _____ BECAUSE THEY
CAN CHOOSE FRESH _____ AND CONTROL WHAT THEY
EAT.

IN LOCAL MARKETS, _____ SELL THEIR _____,
OFFERING A GREAT _____ OF PRODUCTS THAT ARE
USUALLY _____ ALL YEAR. PEOPLE USE THESE FOODS TO
_____ DIFFERENT _____, DEPENDING ON THE
SEASON.

SOME TRADITIONAL _____ ARE CONSIDERED
_____ BECAUSE THEY ARE PREPARED ONLY ON HOLIDAYS
OR FAMILY CELEBRATIONS.



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