

UNIT 3 – Food & Health

REVIEW WORKSHEET · Vocabulary & Grammar

Name:	
Class:	
Date:	



PART A – Food Vocabulary

Exercise A1 Match each food word with its correct category.

Write the letter (A–F) next to each word.

A = Fruit B = Protein C = Dairy & Drinks D = Carbs E = Vegetables F = Sweets & Snacks

1. chicken		2. orange		3. yogurt	
4. toast		5. broccoli		6. ice cream	
7. tuna		8. grapes		9. butter	
10. noodles		11. lettuce		12. crisps	

Exercise A2 Circle the odd one out and write WHY it is different.

Example: apple / banana / chicken / grapes → chicken (it is a protein, not a fruit)

1. milk / water / juice / carrot Odd one out: _____ because: _____	2. bread / rice / pasta / yogurt Odd one out: _____ because: _____
3. apple / banana / chicken / grapes Odd one out: _____ because: _____	4. tomato / lettuce / carrot / chocolate Odd one out: _____ because: _____
5. cake / biscuits / chips / broccoli Odd one out: _____ because: _____	6. coffee / tea / milk / burger Odd one out: _____ because: _____

PART B – Meals of the Day

Exercise B1 Write the correct meal: breakfast, lunch, snack or dinner.

1. I eat pasta and salad at 14:00. → _____
2. I have cereal with milk before school. → _____
3. I have a yogurt and fruit at 17:30. → _____
4. My family eats soup and fish together at 21:00. → _____

Exercise B2 Write ONE food or drink you eat / drink at each meal.

Write a full sentence for each meal.

 Breakfast	For breakfast, I usually eat / drink _____
 Lunch	For lunch, I usually have _____
 Snack	For my snack, I eat / drink _____
 Dinner	For dinner, my family usually has _____

PART C – Countable & Uncountable Nouns

Exercise C1 Write C (countable) or U (uncountable) for each word.

Milk	egg	butter
Orange	sugar	tomato
Bread	strawberry	pasta
Onion	water	cheese
biscuit	rice	yogurt
Lentils	honey	avocado



PART D – Healthy Habits

Exercise D1 Write G (good habit) or B (bad habit).

I eat five portions of fruit and vegetables every day.	
I drink three cans of cola every day.	
I have breakfast every morning before school.	
I eat chips and burgers for lunch every day.	
I play sport three times a week.	
I go to bed at 3:00 in the morning.	
I drink 8 glasses of water every day.	
I skip breakfast because I am not hungry.	

Exercise D2 Write 4 sentences about your OWN habits using I + verb.

Include 2 good habits and 2 bad habits (real or imaginary!).

Example: I drink 8 glasses of water every day. / I eat too many biscuits.

Good habit 1: _____

Good habit 2: _____

Bad habit 1: _____

Bad habit 2: _____



PART E – Grammar

Exercise E1 Circle the correct word: some or any.

1. Is there [some / any] orange juice in the fridge?
2. I'd like [some / any] water, please.
3. We don't have [some / any] biscuits left.

Exercise E2 Write much or many.

1. How _____ sugar do you put in your tea?
2. How _____ apples are in the bowl?
3. I don't eat _____ rice.
4. She doesn't drink _____ coffee.

Exercise E3 Complete the sentences with the correct form: verb + -ing.

1. I _____ (love / cook) dinner with my family.
2. She _____ (hate / eat) vegetables. Yuck!
3. We _____ (like / drink) fresh orange juice.
4. He _____ (not like / eat) spicy food.

Exercise E4 Circle the correct verb form.

1. Look! She [eats / is eating] a banana right now.
2. They [usually have / are usually having] soup for dinner.
3. He [never drinks / is never drinking] coffee.

Great work! Remember to check your answers! 🌟

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