

NEW VOCABULARY

dairy	thực phẩm từ sữa
important	quan trọng
yoghurt	sữa chua
sugar	đường
muscle	cơ bắp
mineral	khoáng chất
bean	đậu
energy	năng lượng

1.Listening

Question 1

What did Anna have?

- A. Breakfast
- B. Lunch
- C. Dinner

Question 2

What did Mum make?

- A. Chicken and rice
- B. Pasta and cheese
- C. Cake and sweets

Question 3

What did Anna eat?

- A. Beans
- B. Bread
- C. Salad

Question 4

What did Anna drink?

- A. Lemonade
- B. Milk
- C. Water

Question 5

What dairy food did Anna eat?

- A. Cheese
- B. Yoghurt
- C. Butter

Question 6

What did Anna say?

- A. "Goodbye!"
- B. "Thank you, Mum!"
- C. "Happy birthday!"

2.Reading

Ben has a healthy breakfast every morning. He eats bread, eggs and beans. Bread gives him energy. Eggs and beans have protein, so they help his muscles.

Ben also eats yoghurt and a banana. Yoghurt is a dairy product. The banana has vitamins and minerals. Ben does not eat many sweets because they have a lot of sugar.

Questions

What does Ben eat for breakfast?

What gives him energy?

What food has protein?

Is yoghurt a dairy product?

Why doesn't Ben eat many sweets?
