My name is: _____

WORKSHEET

Date: FFs5	Teacher's feedbacks

Task 1. Which of the following are healthy habits? Choose the correct answers.

1.We should eat more **vegetables / candy**.

2.We should drink **soft drinks / water** every day.

3.It is healthy to eat **fresh fruit / lots of chips**.

4.We should **have breakfast / skip breakfast** every morning.

5.We should eat **balanced meals / too much fast food**.

6.It is better to eat **a lot of junk food / fresh food.**

7.We should eat **more sugar / less sugar**.

8.We should drink **enough water / too many sugary drinks**.

9.We should **sit all day / do regular exercise**.

10.We should eat **more fish and vegetables / more fried food**.

11.We should **eat too quickly / eat slowly**.

12.We should **get enough sleep / stay up late every night**.

Task 2. Read and write.

vegetables – fruit – healthy – water – junk food – exercise – meals – sugar – vitamins – breakfast – meat – rice

1.I usually eat eggs and bread for _____ because I need energy before going to school.

2.My doctor says I should eat more _____ such as carrots, tomatoes and broccoli.

3.Apples, bananas and oranges are good kinds of _____ because they contain many nutrients.

4.We should drink enough _____ every day, especially when the weather is hot.

5.Eating too much _____ can cause health problems and make our teeth unhealthy.

6.Hamburgers, pizza and French fries are popular examples of _____. We should not eat them too often.

7.Lan eats a balanced diet and does exercise regularly. She has a very _____ lifestyle.

8.Playing football, swimming and cycling are forms of _____ that help us stay fit.

9.We should have three main _____ every day: breakfast, lunch and dinner.

10.Fresh fruit and vegetables provide our bodies with important _____ that help us grow and stay healthy.

11.Chicken, beef and fish are types of _____. They are good sources of protein.

12.Many Vietnamese people eat _____ with vegetables and meat for lunch or dinner because it gives them energy.

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Task 3.

Write a paragraph of about 80 words about healthy eating.

You can use these phrases:

•I think healthy eating is important because...

•We should eat more...

•We should eat less...

•We should drink...

•It is also important to...

•In conclusion, ...

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