Lessons 3–4 **The Mediterranean way**

- What kind of food do you enjoy eating?
- What kinds of food do you think are healthy and unhealthy?

Vocabulary

1 **Label the pyramid with the headings A–F.**

A Drink water
B Meats and sweets
C Fruit, vegetables, grains, beans, nuts, and seeds
D Physical activity
E Fish and seafood
F Poultry, eggs, cheese and yoghurt

Preview of the Unit

LIVEWORKSHEETS