

FOOD / HEALTHY LIFESTYLE

1. Write the food under the correct column. Add your own ideas.

lemons / potatoes / pork / tomatoes / rice / beef / oranges / lettuce

MEAT

VEGETABLES

FRUIT

SIDEDISH

2. Read the words. Complete them into the sentences.

proteins / fibre / vitamins / cereals / sugar

Fruit and vegetables have a lot of _____.

Meat has a lot of _____.

I like a lot of _____ in my coffee.

I have _____ with milk for breakfast.

Dark bread is rich in _____.

3. What can we do for our health? Make sentences.

smoke / sweets / meat / vegetables / do sports

We should _____.

We shouldn't _____.

We should eat a lot of _____.

We should eat some _____.

We should eat only little _____.

4. Ask and answer in pairs.

What food do you like? What food do you hate?

How many meals a day do you usually have?

Where and what time do you usually have breakfast?

What's your typical breakfast?

Where and what time do you usually have lunch?

Do you usually have a snack? What's your typical snack?

What do you do for your health? (What healthy and unhealthy food do you eat? Do you do any sports? How much sleep do you have? Do you see your doctor every year?)