

FOODS / HEALTHY LIFESTYLE

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

meat / potatoes / pork / chicken / fish / food / sausage / butter

MEAT

VEGETABLES

EGG

SAUSAGE

2. Describe weekly / regular diets for the countries.

protein / fish / chicken / pork / sugar

From and vegetables from what of _____.

Meat from what of _____.

I like to eat _____ in my coffee.

I have _____ with with the breakfast.

Each food include in _____.

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

meat / protein / sugar / vegetables / fat grams

We should _____.

We shouldn't _____.

We should eat a lot of _____.

We should eat some _____.

We shouldn't eat too _____.

4. Ask and answer the pairs.

What 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 diet?

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 use your fitness center?)