

**FOODS WITH FOOD**

1. Read and fill in the gaps with the words from the box. (10)

healthy – balanced – meals – fats – dairy

Healthy meals are usually balanced and healthy to their diets. They are easy to prepare. Eating a balanced diet will help you get all the essential nutrients you need for learning and living.

Healthy meals often include proteins, grains, fruits and dairy products. For the greatest health, dairy offers calcium and vitamin D. For energy to exercise and other activities, many meals for example meals include protein from meat.

2. Write an appropriate word to complete these sentences. (10)

- The food that is NOT good for your food is unhealthy.
- It is a dairy product and it's good for health.
- It's often added up to the food protein.
- It's healthy and good for you meals.
- It is a good product. It is a dairy food.

3. Classify the food according to its origin. (10)

(Classify the food according to its origin)

meat – dairy – bread – rice – fish – cereal – fat – protein – vitamins – eggs

ORIGIN PRODUCT

ORIGIN PRODUCT

4. Match the food to the corresponding food item. (10)

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| <ul style="list-style-type: none"> <li>meat</li> <li>dairy</li> <li>bread</li> <li>rice</li> <li>fat</li> <li>protein</li> <li>vitamins</li> <li>eggs</li> </ul> | <ul style="list-style-type: none"> <li>meat</li> <li>meat and proteins</li> <li>dairy</li> <li>fruit and vegetables</li> <li>eggs</li> </ul> |
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