FOOD / HEALTHY LIFESTYLE

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

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

MEAT	VEGETABLES	FRUIT	MISCELLANEOUS

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

potatoes / fibre / diseases / meals / 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.

Fresh bread is rich in_____.

3. "What can we do that was healthy?" Make sentences.

remember / avoids / meat / vegetables / do sports

We should_____.

We shouldn't_____.

We shouldn't eat a lot of_____.

We shouldn't eat a lot_____.

We shouldn't 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?)

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