

FOODS / HEALTHY LIFESTYLE

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

sweet / potato / pork / banana / rice / food / sausage / lettuce	
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MEAT	VEGETABLES	DRINK	OTHER FOODS
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2. Describe each of complete these table the sentences.

potato / fish / banana / potato / sugar	
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From and vegetables from side of _____.

Meat from side of _____.

I like a lot of _____ in my coffee.

I have _____ with with the breakfast.

My breakfast include _____.

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

water / exercise / sugar / vegetables / diet sports	
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We should _____.

We shouldn't _____.

We should eat a lot of _____.

We shouldn't eat _____.

We shouldn't only _____.

4. Ask and answer the pairs.

What do/does you like? What food do you like?

How many meals a day do you usually have?

Where and what time do you usually have breakfast?

What's your typical diet/meal?

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 health-care system?)