

THEMATIC UNIT 1: NUTRITION

Name: _____ Group: _____ Date: _____

1 Vocabulary

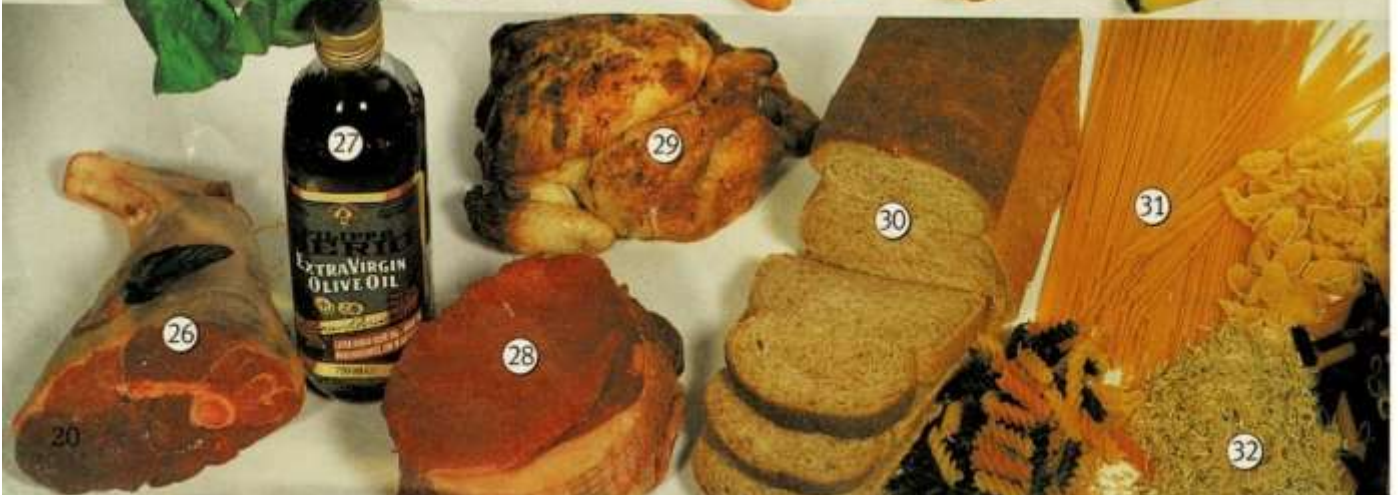
Food and drink

Look at the pictures and match the words with the numbers.

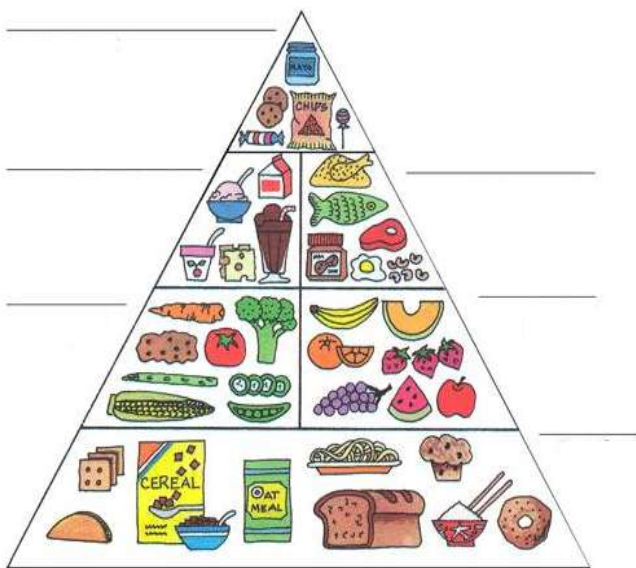
- carrot
- beans
- peach
- bread
- onion
- apple
- pasta
- lamb
- milk
- cake
- peas
- beef
- nuts
- rice
- fish
- egg
- mushroom
- cucumber
- doughnut
- olive oil
- chicken
- yoghurt
- banana
- tomato
- orange
- cheese
- lettuce
- biscuit
- potato
- lemon
- melon
- butter

EXAMPLES:

- 1- DOUGHNUT
- 2- CAKE
- 3-BISCUIT



2) Write the name of each food group.



- Fruits: Bananas, Grapes, Strawberries....
- Dairy Products: Milk, Cheese, yogurt...
- Meat: Chicken, Fish, Beef...
- Vegetables: Carrot, lettuce, broccoli
- Fats and Sweets: Mayonnaise, Candies, Chips...
- Grains: Bread, Grains and Cereals

3) Write six healthy and six unhealthy food.



Healthy food

Unhealthy food

| | |
|----|----|
| 1. | 1. |
| 2. | 2. |
| 3. | 3. |
| 4. | 4. |
| 5. | 5. |
| 6. | 6. |

- Is your diet healthy or unhealthy? Why?

I think my diet is..... because.....