

Name: \_\_\_\_\_

Grain and legumes	Fruit and vegetables	Dairy products	Meat and fish	Fats, sweets and oils
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chocolate

lentils

chicken

pasta

tuna

biscuits

broccoli

eggs

lettuce

bread

cake

milk







peaches

cheese

ham

## HEALTHY EATING

Before you watch this new video, match the word to the picture.

	fruit
	vegetables
	crisps
	juice
	bananas
	biscuits

<http://esol.britishcouncil.org/content/learners/uk-life/family-learning/healthy-eating>

9. Now listen to the school nurse talking, what is healthy and what's not healthy?

Fruit                  Vegetables                  Crisps                  Juice                  Bananas                  Biscuits

Healthy	Unhealthy

10. Match the phrases to make sentences about the food pyramid information.

The food you have to eat the most is...	meat, fish or eggs.
The food you have to eat the least is...	dairy products a day.
You have to eat three servings of...	grains, vegetables and fruits.
You have to eat two servings a day of...	sweets and fats.

11. SPEAKING. In pairs, write what do you think a balanced diet is?

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12. Which food do you think that are included in a balanced diet?

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13. Now, using your science books, notes, computer and asking other people gather as much information as you can about healthy eating and a balanced diet.

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