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## STAY STRONG, LIVE LONG!

Name: .....

Class: .....

### 1 Unscramble the letters. Match with a photo.



FASTBREAK \_\_\_\_\_

NINDER \_\_\_\_\_

SANCK \_\_\_\_\_

CHULN \_\_\_\_\_

### 2 Circle the food groups.

carb ohydrates dair y protei ns fats fr uit and vegeta bles

### 3 Complete the sentences.

heart fit happy

- a) Sport keeps me \_\_\_\_\_ .
- b) Doing sport makes me feel \_\_\_\_\_ .
- c) Sport is good for my \_\_\_\_\_ .

# 2

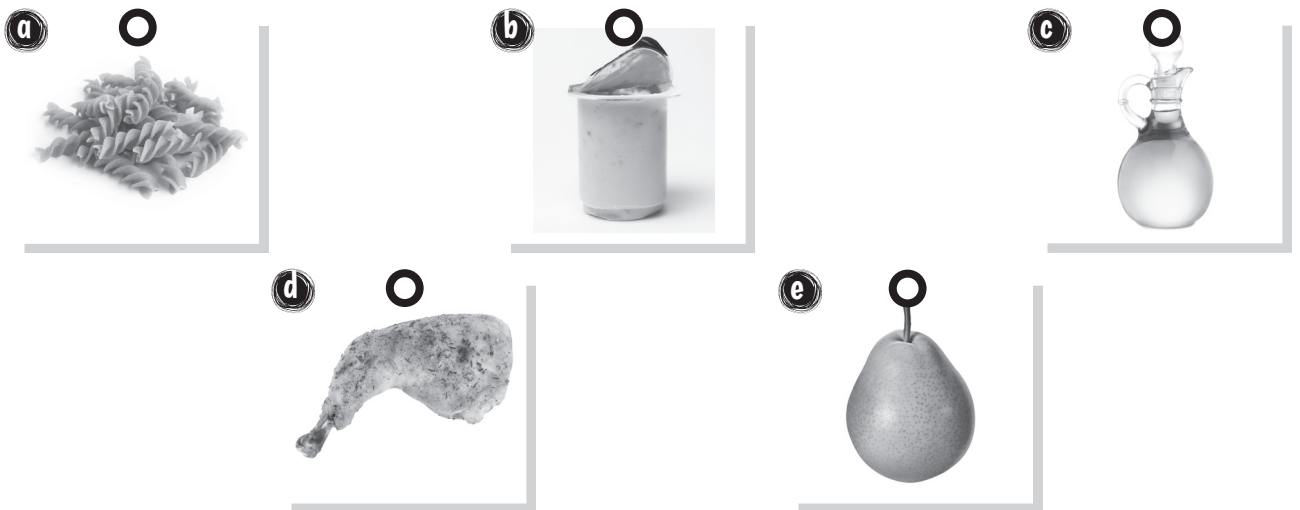
## STAY STRONG, LIVE LONG!

Name: .....

Class: .....

### 1 Look, read and match. Draw lines.

carbohydrates	fruit and vegetables
dairy	proteins
	fats



### 2 Read the menu. Tick (✓) the healthy food and cross (X) the unhealthy food.

<u>Breakfast</u>		<u>Lunch</u>		<u>Dinner</u>	
Cereal	<input type="checkbox"/>	Chicken	<input type="checkbox"/>	Pizza	<input type="checkbox"/>
Donut	<input type="checkbox"/>	Hamburger	<input type="checkbox"/>	Salad	<input type="checkbox"/>
<u>Snacks</u>		Vegetables	<input type="checkbox"/>		
Apple	<input type="checkbox"/>	Chocolate	<input type="checkbox"/>	Yoghurt	<input type="checkbox"/>
				Crisps	<input type="checkbox"/>

### 3 Is it a healthy habit? Read and write YES or NO.

- a) Never wash your hands. \_\_\_\_\_
- b) Sleep one hour a day. \_\_\_\_\_
- c) Watch TV one hour a day. \_\_\_\_\_
- d) Brush your teeth after you eat. \_\_\_\_\_
- e) Keep fit. \_\_\_\_\_
- f) Eat one portion of fruit and vegetables every day. \_\_\_\_\_

**2****ANSWERS**

- 1** a) snack  
b) breakfast  
c) dinner  
d) lunch
- 2** carbohydrates; dairy; proteins; fats; fruit and vegetables
- 3** a) fit  
b) happy  
c) heart

# 2

## ANSWERS

- 1**
- a) carbohydrates
  - b) dairy
  - c) fats
  - d) proteins
  - e) fruit and vegetables

- 2**
- Cereal
  - Chicken
  - Vegetables
  - Salad
  - Apple
  - Yoghurt

- 3**
- a) NO
  - b) NO
  - c) YES
  - d) YES
  - e) YES
  - f) YES