

A ★ Look and unscramble.

1 nsbae _____

2 rtuteb _____

3 grasu _____

4 bohycradrate _____

5 eintrop _____

6 yidar _____

7 sutn _____

8 tfa _____

9 tmae _____

10 sniagr _____



B ★★ Read and check (✓) or cross (✗). Rewrite the incorrect sentences.

1 Cheese, avocado, and cookies all have sugar. ☒

Cheese, avocado, and cookies all have fat.

2 Dairy helps our bones stay strong. ☐

3 Chicken, eggs, and beans all have carbohydrates in them. ☐

4 Some people put butter on their sandwich. ☐

5 Fat makes food taste sweet. People also put it in their drinks. ☐

6 Bread and pasta come from grains. ☐



C ★★ Read and complete. There are two words you do not need.

butter carbohydrates dairy fat
grains protein nuts sugar

Alec: I'm hungry! Let's make a really healthy lunch. I had some
1 _____ for a snack this morning, but that was at 10:00.

Tim: That was a healthy snack! I had a bar of chocolate and that had a
lot of **2** _____ in it.

Alec: Let me see what's in the fridge ... There's cheese and milk, some
fish, and some eggs.

Tim: Well, we can get **3** _____ from the fish and eggs, and
4 _____ is good for our bones.

Alec: Do we need something to give us energy when we play soccer this
afternoon?

Tim: Yes, I think we're going to need some **5** _____.

Alec: I think there's some bread in the cupboard. My mom says bread is
made from small dry seeds called **6** _____.

Tim: OK, let's make the healthiest sandwiches ever!



D ★★ Read and complete for you.

1 My favorite meal is _____.

2 _____, _____, and _____ have protein.

3 I want to eat healthy meals because _____
_____.

4 In my school, our lunches have _____.