

# Nutrition & Health

English in Context 5 | Name: \_\_\_\_\_ | Date: \_\_\_\_\_

## A) Food Groups - Match the foods

1. Carbohydrates ____	a) chicken, fish, beans, eggs
2. Protein ____	b) bread, pasta, rice, potatoes
3. Dairy ____	c) apples, bananas, oranges, berries
4. Fruit ____	d) milk, cheese, yoghurt, butter
5. Vegetables ____	e) olive oil, nuts, avocado
6. Healthy fats ____	f) carrots, broccoli, spinach, tomatoes

## B) Nutrition Words - Fill the gaps

1. A \_\_\_\_\_ diet includes all food groups in the right amounts.
2. \_\_\_\_\_ are units that measure the energy in food.
3. Eating too much sugar can cause \_\_\_\_\_ and other health problems.
4. \_\_\_\_\_ are important for strong bones and teeth (found in milk).
5. A \_\_\_\_\_ is someone who doesn't eat meat.
6. You should drink at least 8 glasses of \_\_\_\_\_ every day.
7. Eating \_\_\_\_\_ food like chips and burgers too often is unhealthy.
8. \_\_\_\_\_ help you digest food and are found in fruit and vegetables.

**Word Bank:** balanced • calories • obesity • calcium • vegetarian • water • junk • vitamins

## C) Healthy vs. Unhealthy - Sort the foods

### Healthy Foods

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

### Unhealthy Foods

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_

4. \_\_\_\_\_  
5. \_\_\_\_\_

4. \_\_\_\_\_  
5. \_\_\_\_\_

**Foods to sort:** grilled chicken • chocolate cake • brown rice • fizzy drinks • fresh salad • fried chips • wholemeal bread • candy bars • steamed vegetables • pizza

#### D) Collocations - Complete the phrases

1. healthy \_\_\_\_\_ (ways of living)

2. processed \_\_\_\_\_ (factory-made food)

3. eating \_\_\_\_\_ (patterns of what/when you eat)

4. portion \_\_\_\_\_ (how much food you eat at once)

5. nutritional \_\_\_\_\_ (information about nutrients)

6. food \_\_\_\_\_ (reactions to certain foods)

**Word Bank:** lifestyle • food • habits • size • value • allergies