

# Solutions: Nutrition & Health

## A) Food Groups

1-b, 2-a, 3-d, 4-c, 5-f, 6-e

## B) Nutrition Words

1. balanced, 2. calories, 3. obesity, 4. calcium, 5. vegetarian, 6. water, 7. junk, 8. vitamins

## C) Healthy vs. Unhealthy

Healthy: grilled chicken, brown rice, fresh salad, wholemeal bread, steamed vegetables

Unhealthy: chocolate cake, fizzy drinks, fried chips, candy bars, pizza

## D) Collocations

1. lifestyle, 2. food, 3. habits, 4. size, 5. value, 6. allergies

## E) Advanced Open Gap Fill

1. impact, 2. nutritional, 3. cost/consequences, 4. red/processed, 5. food, 6. affect/reduce, 7. sustainable, 8. lifestyle, 9. relationship/link, 10. social/environmental