

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