

# Nutrition & Health □ - ANSWER KEY

English in Context 5 | SOLUTIONS

## A) Food Groups - Match the foods

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

## B) Nutrition Words - Fill the gaps

1. A **balanced** diet includes all food groups.
2. **Calories** are units that measure the energy in food.
3. Eating too much sugar can cause **obesity**.
4. **Calcium** are important for strong bones and teeth.
5. A **vegetarian** is someone who doesn't eat meat.
6. You should drink at least 8 glasses of **water** every day.
7. Eating **junk** food like chips and burgers is unhealthy.
8. **Vitamins** help you digest food.

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

Healthy Foods	Unhealthy Foods
<ol style="list-style-type: none"><li>1. <b>grilled chicken</b></li><li>2. <b>brown rice</b></li><li>3. <b>fresh salad</b></li><li>4. <b>wholemeal bread</b></li><li>5. <b>steamed vegetables</b></li></ol>	<ol style="list-style-type: none"><li>1. <b>chocolate cake</b></li><li>2. <b>fizzy drinks</b></li><li>3. <b>fried chips</b></li><li>4. <b>candy bars</b></li><li>5. <b>pizza</b></li></ol>

#### D) Collocations - Complete the phrases

1. healthy **lifestyle**
2. processed **food**
3. eating **habits**
4. portion **size**
5. nutritional **value**
6. food **allergies**