

Nutrition & Health

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

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

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.

C) Healthy vs. Unhealthy - Sort the foods

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

Healthy Foods	Unhealthy Foods
1. _____	1. _____
2. _____	2. _____
3. _____	3. _____
4. _____	4. _____
5. _____	5. _____

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D) Collocations - Complete the phrases

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

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)

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E) Critical Thinking: The Hidden Impact of Our Food

Read the text and fill in the gaps with ONE suitable word. Think carefully, as some gaps require understanding the context of global health and sustainability.

In today's globalized world, our food choices have a (1) _____ that goes far beyond our own health. While many people focus on the (2) _____ value of what they eat, they often overlook the environmental (3) _____ of food production. For instance, the mass production of (4) _____ meat requires vast amounts of water and land, leading to deforestation in many parts of the world. Furthermore, the (5) _____ industry frequently uses chemicals to preserve products for long-distance transport, which can (6) _____ the natural quality of the nutrients. To make a real difference, consumers should aim for a more (7) _____ approach by choosing local and seasonal products. Ultimately, achieving a healthy (8) _____ is not just about counting calories, but about understanding the complex (9) _____ between nutrition, environment, and (10) _____ responsibility.

Your Words:

- | | |
|----------|-----------|
| 1. _____ | 2. _____ |
| 3. _____ | 4. _____ |
| 5. _____ | 6. _____ |
| 7. _____ | 8. _____ |
| 9. _____ | 10. _____ |