

**Eat wisely!**

**Eat well, feel great,  
look great!**

# *phonetic exercise*

**a**s

**u**s

**b**ag

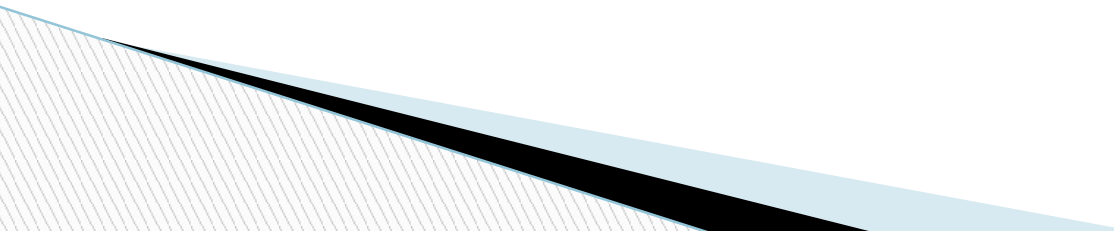
**b**ug

**c**at

**c**ut

**m**ad

**m**ud

- ▣ **Fibre**
  - ▣ **Grains**
  - ▣ **Healthy**
    - ▣ **Iron**
  - ▣ **Potassium**
  - ▣ **Protect**
  - ▣ **Protein**
  - ▣ **Wisely**
- 

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- ▣ **Wisely**

**мышечная ткань**

- ▣ **Fibre**
- ▣ **Grains**
- ▣ **Healthy**
- ▣ **Iron**
- ▣ **Potassium**
- ▣ **Protect**
- ▣ **Protein**
- ▣ **Wisely**

**мышечная ткань**  
**злаки, зерно**

- **Fibre**                    **мышечная ткань**
- **Grains**                    **злаки, зерно**
- **Healthy**                    **здоровый**
- **Iron**
- **Potassium**
- **Protect**
- **Protein**
- **Wisely**

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**мышечная ткань**  
**злаки, зерно**  
**здоровый**  
**железо**

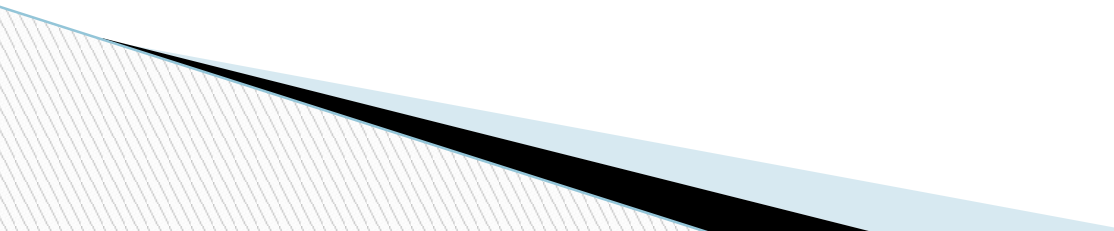
<b>□ Fibre</b>	<b>мышечная ткань</b>
<b>□ Grains</b>	<b>злаки, зерно</b>
<b>□ Healthy</b>	<b>здоровый</b>
<b>□ Iron</b>	<b>железо</b>
<b>□ Potassium</b>	<b>калий</b>
<b>□ Protect</b>	
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<b>□ Wisely</b>	



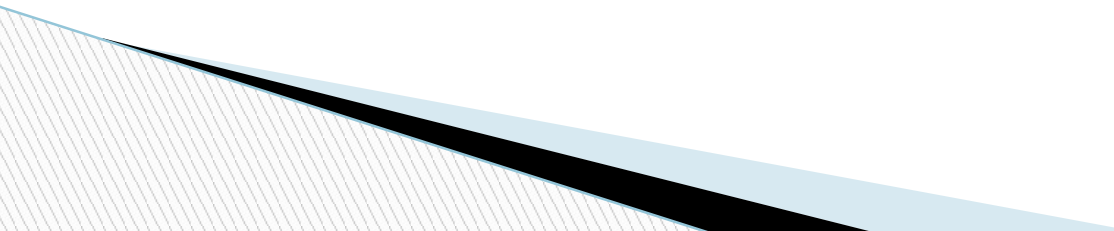
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<b>□ Protein</b>	
<b>□ Wisely</b>	

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▣ <b>Grains</b>	<b>злаки, зерно</b>
▣ <b>Healthy</b>	<b>здоровый</b>
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▣ <b>Potassium</b>	<b>калий</b>
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▣ <b>Protein</b>	<b>белок</b>
▣ <b>Wisely</b>	

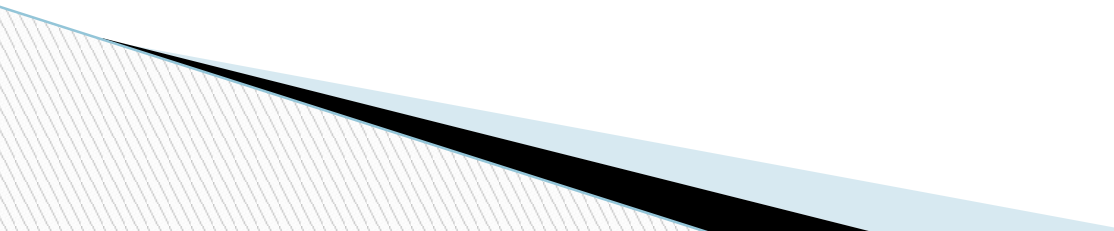
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<b>□ Protein</b>	<b>белок</b>
<b>□ Wisely</b>	<b>разумно, мудро</b>

- ▣ **Fibre**
  - ▣ **Grains**
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  - ▣ **Wisely**
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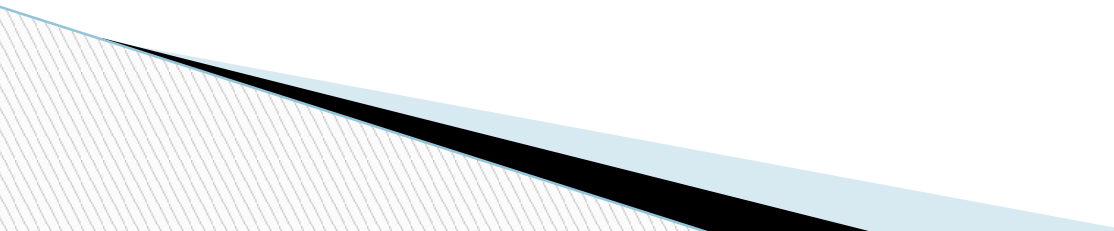
# Circle the odd word out:

- 1 breakfast – lunch – dinner – dessert
  - 2 lemon – jam – honey – sugar
  - 3 boil – fry – order – bake
  - 4 starters – drink – main courses – desserts
  - 5 bread – fibre – iron - vitamin
- 

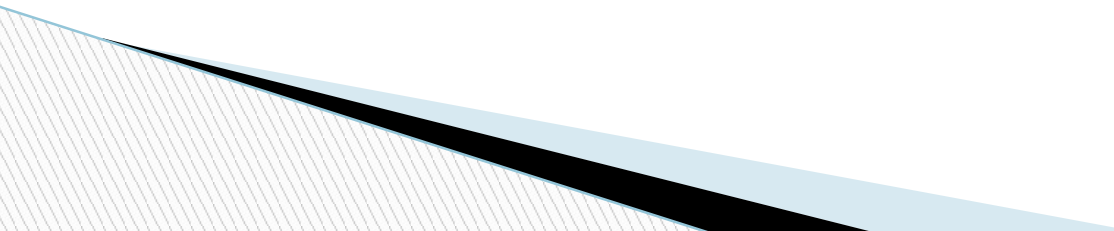
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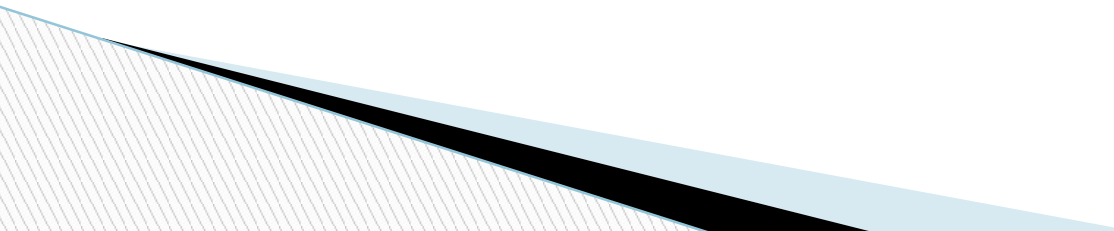
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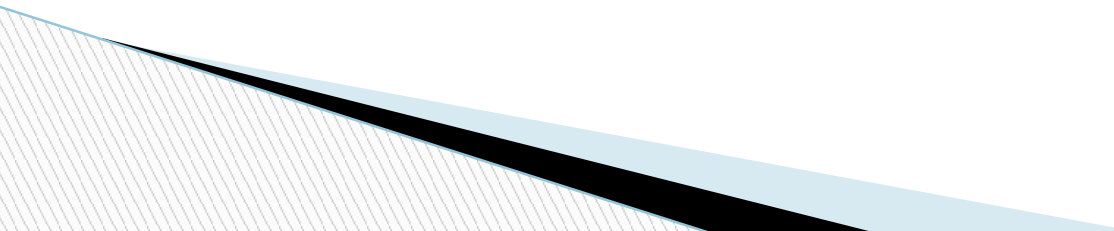
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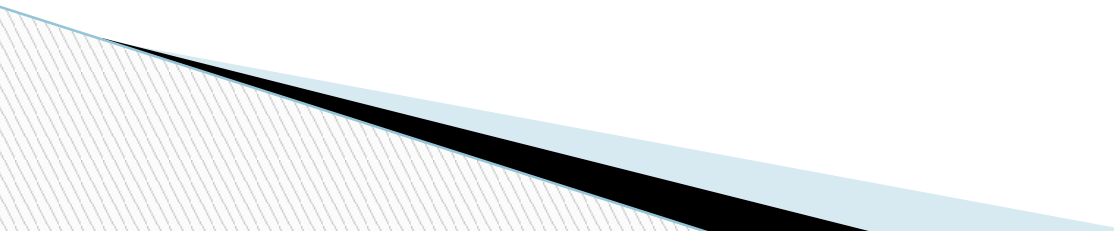
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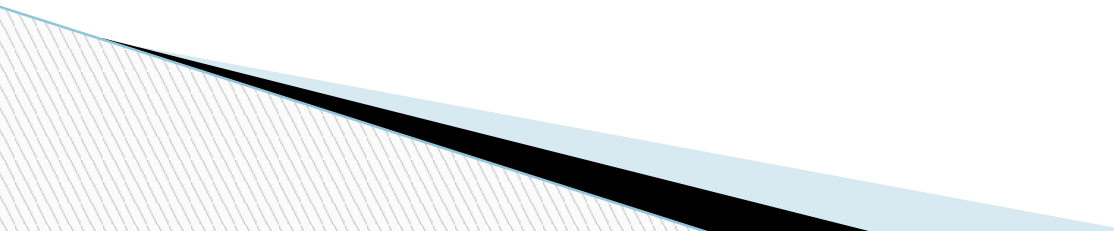
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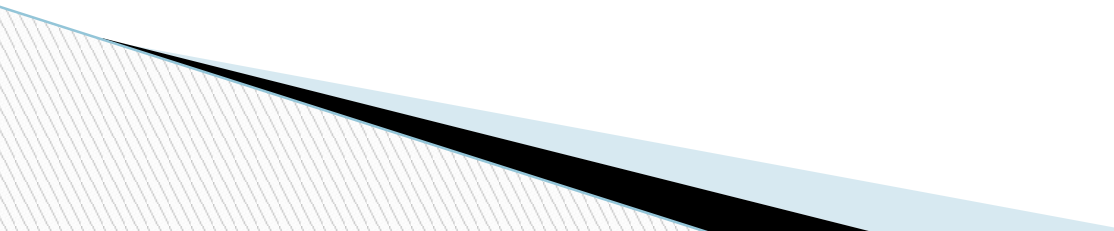
# Write the correct word

- 1 a \_\_\_\_\_ of olive oil
  - 2 a \_\_\_\_\_ of cereal
  - 3 a \_\_\_\_\_ of biscuits
  - 4 a \_\_\_\_\_ of rice
  - 5 a \_\_\_\_\_ of jam
  - 6 a \_\_\_\_\_ of bread
  - 7 a \_\_\_\_\_ of chocolate
- 

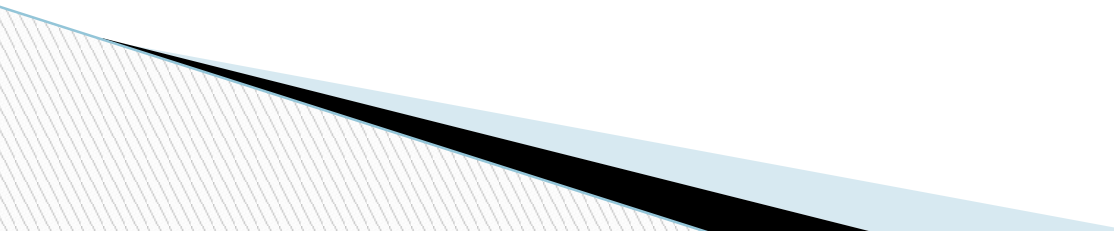
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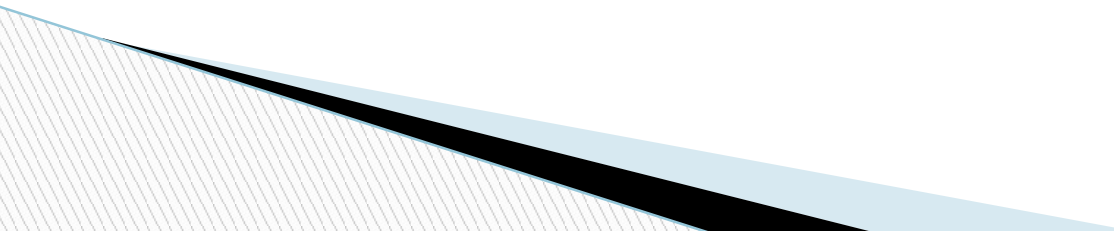
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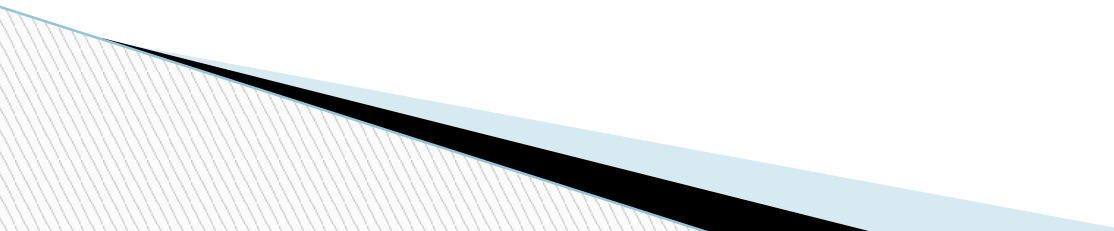
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  - 5 a \_\_\_\_\_ of jam
  - 6 a \_\_\_\_\_ of bread
  - 7 a \_\_\_\_\_ of chocolate
- 

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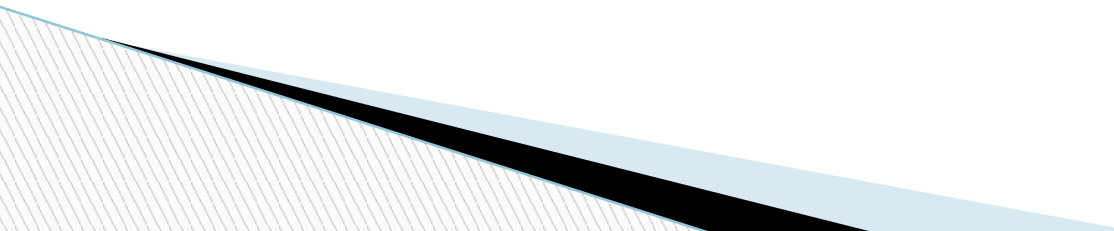
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  - 6 a \_\_\_\_\_ of bread
  - 7 a \_\_\_\_\_ of chocolate
- 

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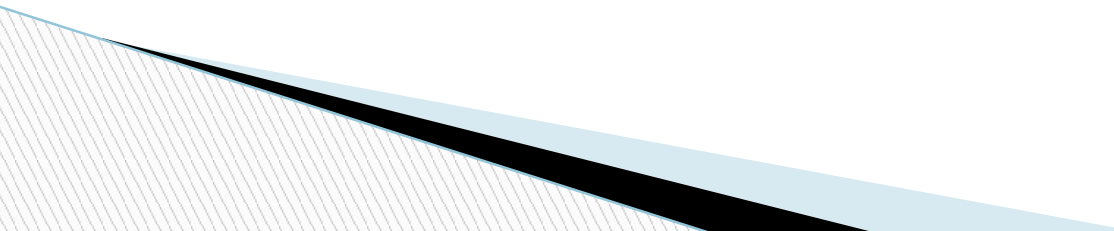
- 1 a **bottle** of olive oil
  - 2 a **box** of cereal
  - 3 a **packet** of biscuits
  - 4 a **bag** of rice
  - 5 a **jar** of jam
  - 6 a \_\_\_\_\_ of bread
  - 7 a \_\_\_\_\_ of chocolate
- 



# Write the correct word

- 1 a **bottle** of olive oil
  - 2 a **box** of cereal
  - 3 a **packet** of biscuits
  - 4 a **bag** of rice
  - 5 a **jar** of jam
  - 6 a **loaf** of bread
  - 7 a \_\_\_\_\_ of chocolate
- 

# Write the correct word

- 1 a **bottle** of olive oil
  - 2 a **box** of cereal
  - 3 a **packet** of biscuits
  - 4 a **bag** of rice
  - 5 a **jar** of jam
  - 6 a **loaf** of bread
  - 7 a **bar** of chocolate
- 



**fats & oils**



**milk & dairy products**



**meat, fish & beans**



**vegetables**

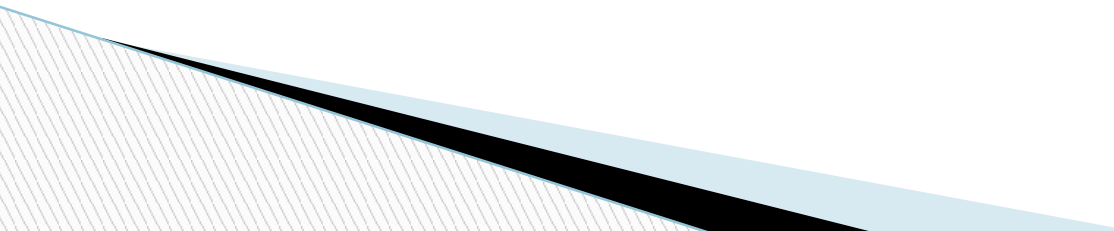


**fruit**



**bread & grains**

# Which food type contains the following:

- **Fibre**
  - **Iron**
  - **Vitamins**
  - **Potassium**
  - **Calcium**
  - **Protein**
- 

- **Fibre: bread and grains**
  - **Iron: meat, fish and beans, bread and grains**
  - **Vitamins: bread and grains, fruits and vegetables, dairy products**
  - **Potassium: fruit and vegetables**
  - **Calcium: dairy products**
  - **Protein: meat, fish and beans**
- 

# Homework

## Workbook

p. 57-58 ex 1-7



