

Eat wisely!

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

phonetic exercise

as

us

bag

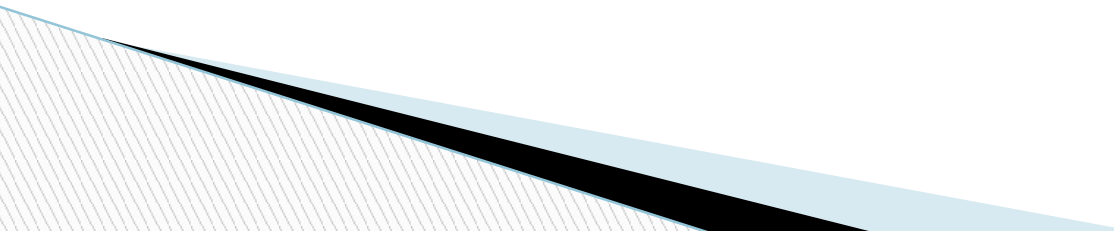
bug

cat

cut

mad

mud

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

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мышечная ткань

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мышечная ткань
злаки, зерно

- **Fibre** **мышечная ткань**
- **Grains** **злаки, зерно**
- **Healthy** **здоровый**
- **Iron**
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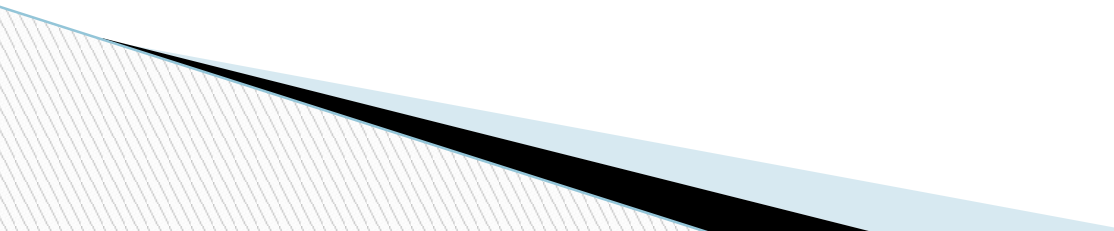
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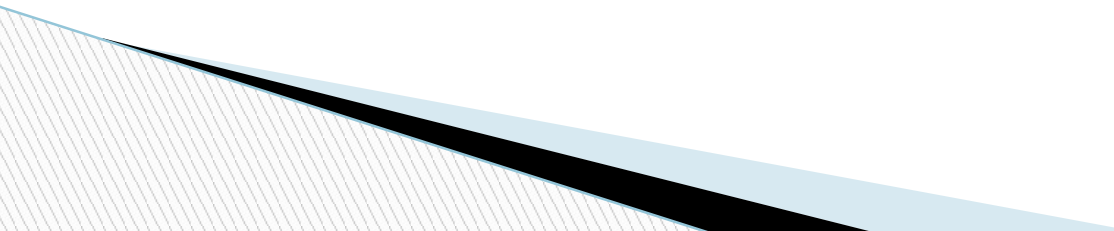
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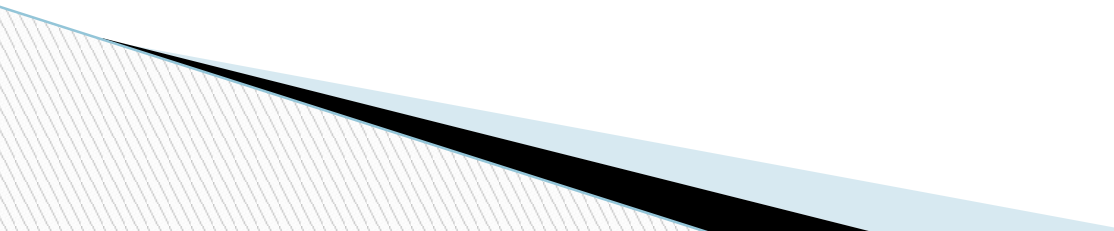
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□ Wisely	разумно, мудро

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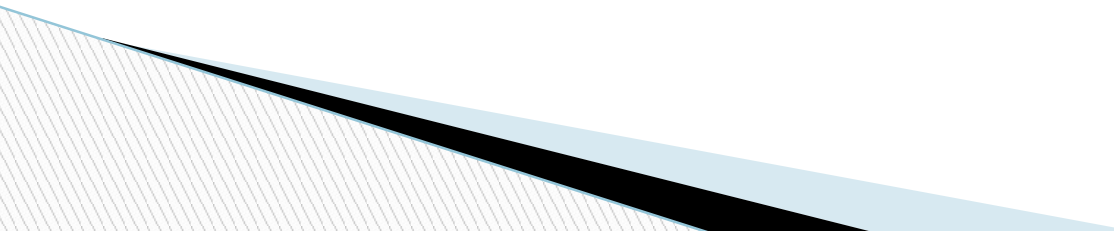
Circle the odd word out:

- 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
- 

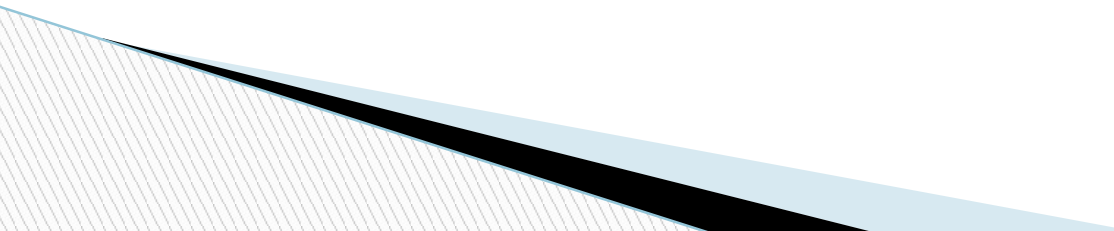
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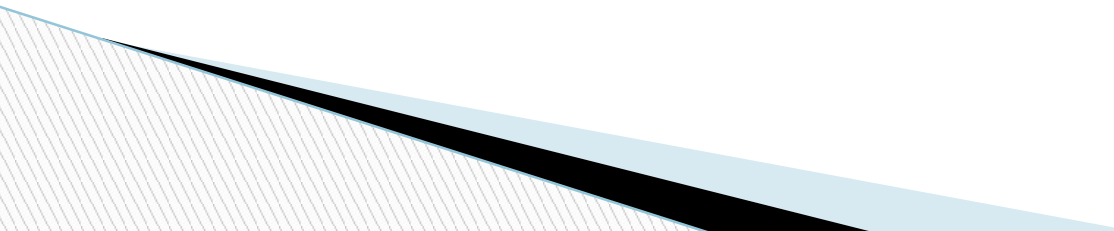
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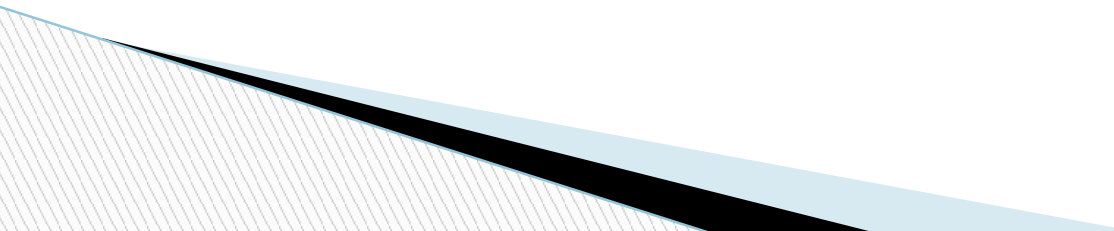
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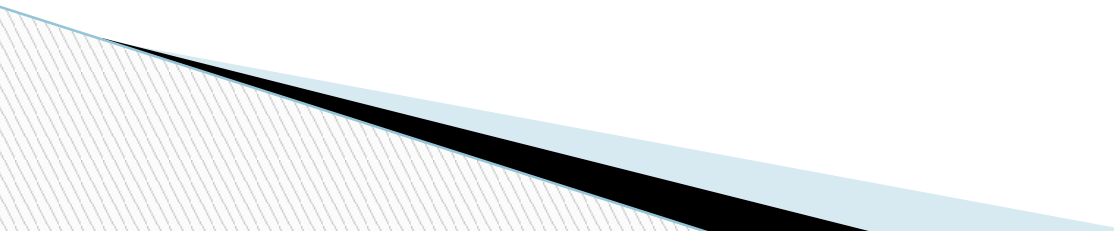
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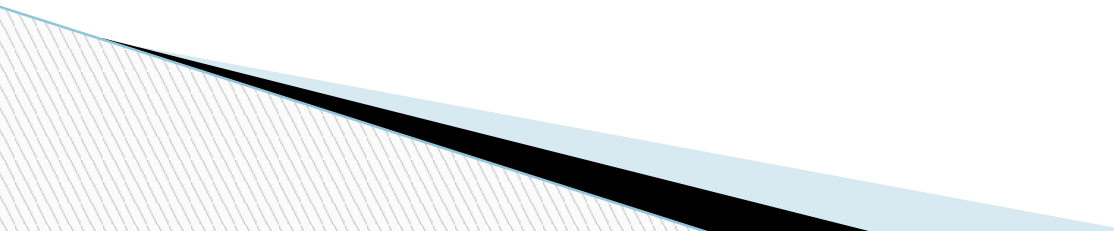
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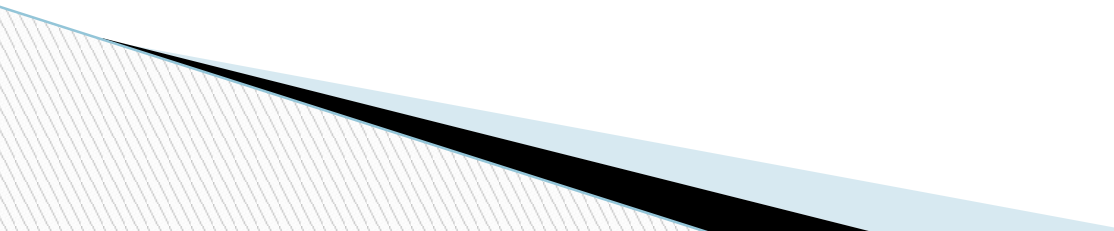
Write the correct word

- 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
- 

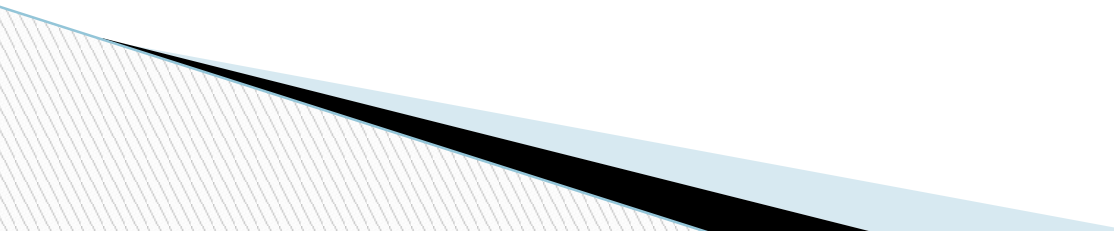
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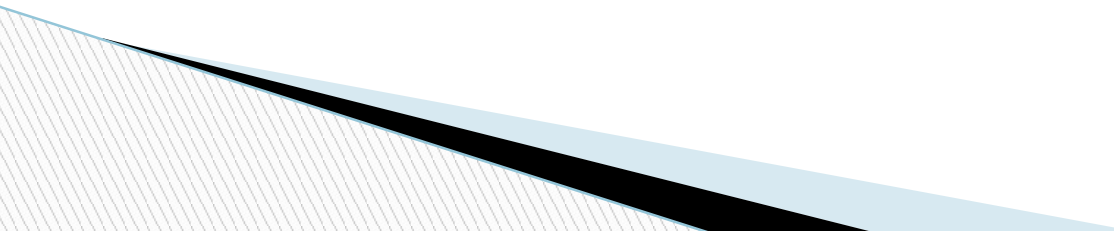
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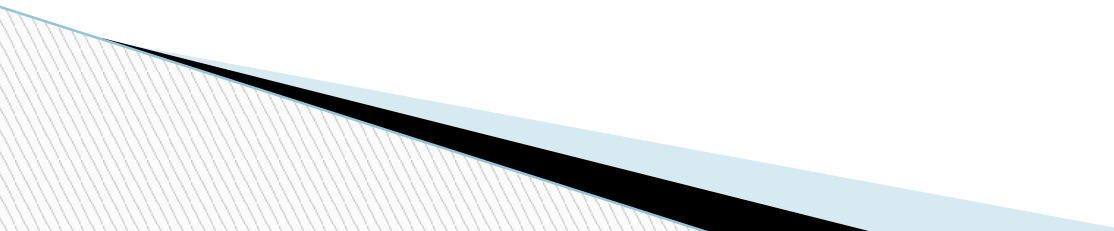
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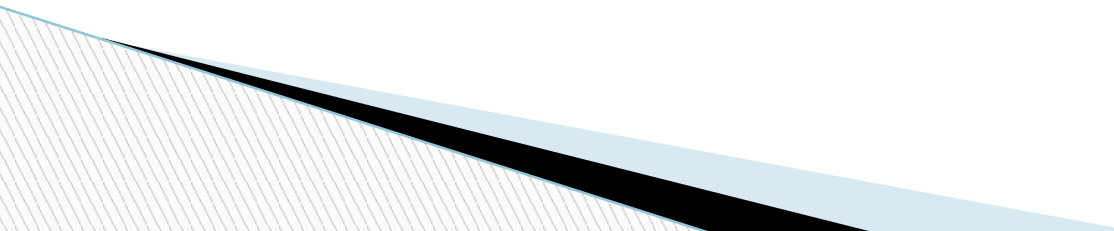
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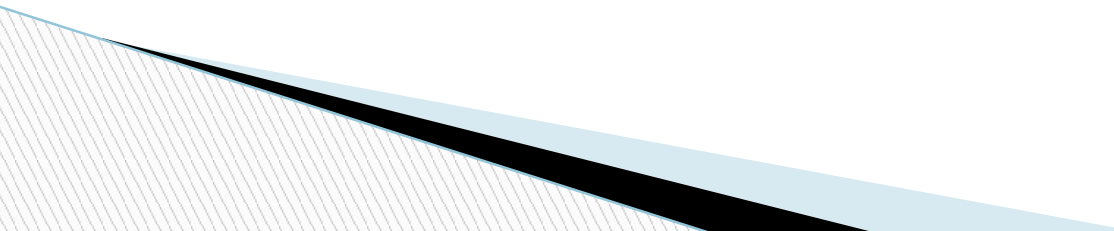
Write the correct word

- 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 _____ 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

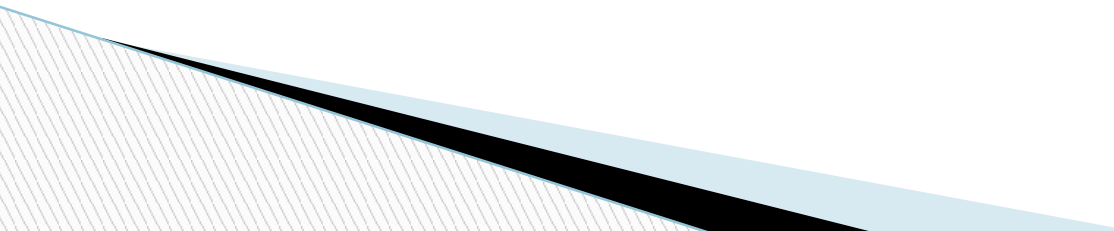


fruit



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



