**Healthy food**

**I. Choose the correct answer and circle it.**

**1.** Which food group contains the most calcium?

**a)** Fruit **b)** Milk **c)** Grains

**2.** How much food from the Grain Group do you need every day?

**a)** 3 **b)** 6 **c)** 12

**3.** Which food groups have the most vitamins?

**a)** Milk and Grains **b)** Meat and “Others” **c)** Fruit and Vegetables

**4.** The diary products include

**a)** cauliflower, peppers, tomatoes

**b)** cheese, yoghurt, milk

**c)** bread, pasta, cereal

**5.** The Food Pyramid shows

**a)** food types **b)** colour bands **c)** the recommended proportion of food types

**II. Match the words and the translations.**

**1.** grains (bread, pasta) **a)** овощи

**2.** vegetables (potatoes, tomatoes) **b)** фрукты

**3.** fruit (oranges, strawberries) **c)** рыба

**4.** meat (beef, pork) **d)** молочные продукты

**5.** fish **e)** плохой запах изо рта

**6.** diary products (milk, cheese) **f)** жиры и сахар

**7.** fat and sugar **g)** зерновые

**8.** to skip meals **h)** по крайней мере

**9.** to feel full **i)** испытывать ощущение сытости

**10.** soda **j)** мясо

**11.** at least **k)** пропускать еду

**12.** bad breath **l)** газированные напитки

**III. Complete the table “Food Groups”. Which foods are? You must write each of these foods into the according column.**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **Diary products** | **Meat** | **Vegetables** | **Fruit** | **Grains** | **‘Others’**  **(fat and sugar)** |
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Butter, sweets, pork, chicken, sour cream, cheese, eggs, ham, cucumbers, carrots, yoghurt, cabbage, sausages, oil, beans, peas, bread, bananas, cereal, salmon, mushrooms, green pepper, tuna fish, pasta, apple, lettuce, potato, spaghetti, pear, strawberry, onion, orange, tomato, lemon, pineapple, cherry, grapes, beef, turkey, bacon, chocolate, rice.