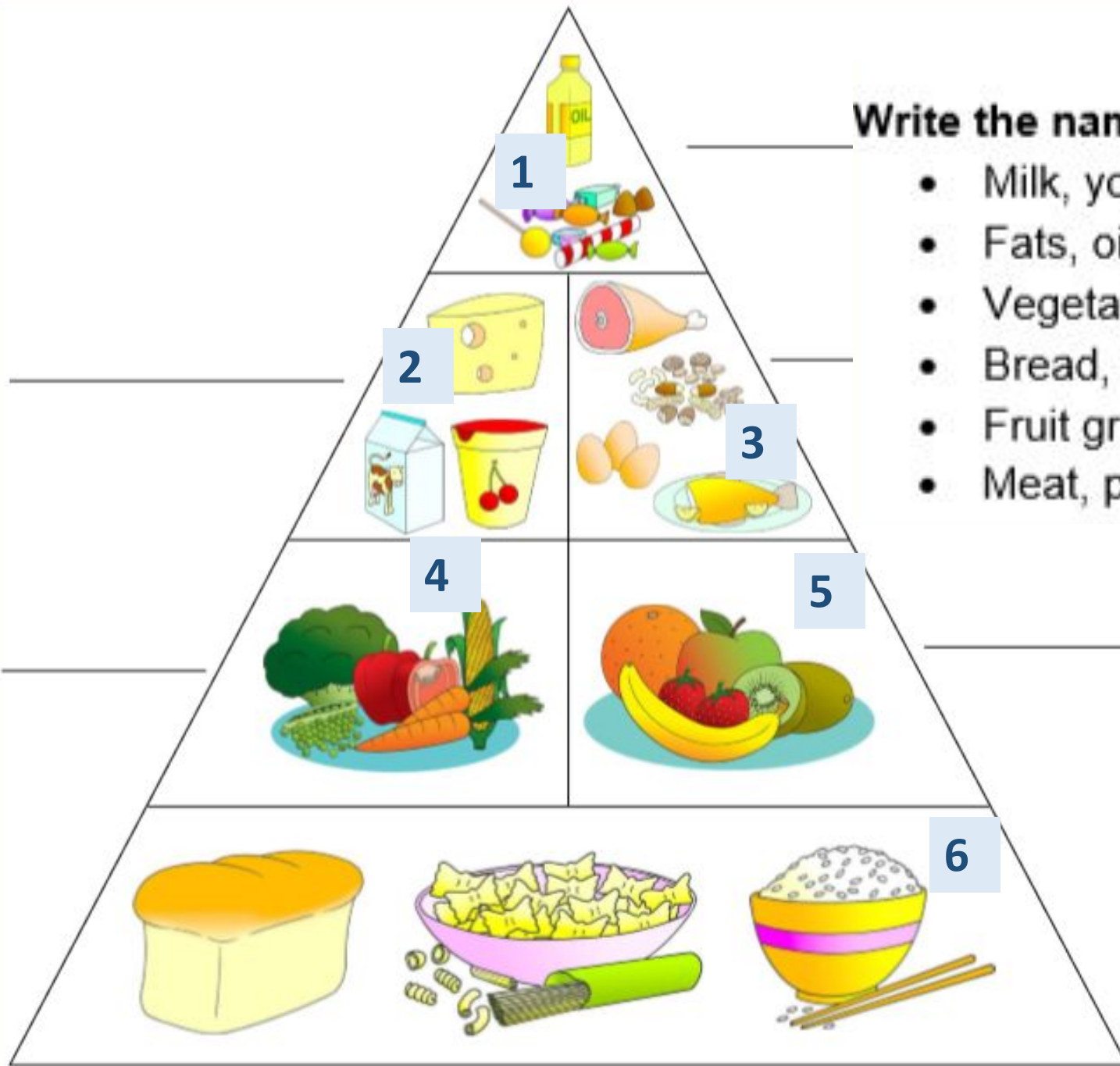




WHAT WOULD YOU CHOOSE?



Write the names of the groups on the correct line:

- Milk, yoghurt and cheese group
- Fats, oils and sweets group
- Vegetables group
- Bread, cereal, pasta and rice group
- Fruit group
- Meat, poultry, fish, dry beans, eggs and nuts group

1 List the words under the correct heading.

- grapes • oil • chicken • raspberries
- broccoli • potatoes • mangoes • yoghurt
- cherries • biscuit • tea • milk
- aubergine • cake • cheese • pepper
- cucumber • prawn • tuna • orange juice
- crisps • lamb • cola • carrots • sardine
- lobster • pineapple • chocolate

Which group of food
do you like the most?

Fruit	
Vegetables	
Meat & poultry	
Dairy products	
Seafood, fish	
Fats & Sweets	
Drinks	

GREEN

RED

ORANGE

YELLOW

BLUE

PURPLE

EX. 1 P. 102



- grape • apple • broccoli • carrot • corn
- lettuce • orange • tomato • cherry • raisin
- lemon • celery • melon • strawberry
- blueberry • aubergine • pea • pineapple
- peach • pear • raspberry • plum
- watermelon • banana • pumpkin • fig
- lime • cabbage

DEVIDE WORDS
ACCORDING TO THE COLOUR

TRANSLATE BOLD WORDS FROM THE TEXT

A Red foods get you moving. They give you that extra **boost** when you really need it the most. What's more, eating foods in this group will protect you from many serious illnesses and can keep older people active for longer. So, have you got a big game tonight? Is it your turn to do the gardening? Then go ahead and treat yourself to one or even two of your favourite red foods.

B Orange foods are **brain** food. They help you keep your mind on things and really improve your powers of **concentration**. On the physical side, foods like mangoes, oranges and peaches have lots of vitamin C. This is important because that's the vitamin that helps your body fight off **infections**. As everyone knows, carrots are also fantastic for your **eyesight**. After all, you've never seen a rabbit wearing glasses, have you?

C Yellow foods are nature's way of helping us to stay happy. They make you more **optimistic**. Imagine that you're feeling a bit down in the dumps. Eat a banana and you'll feel a bit better. Eat a couple of slices of pineapple and you'll feel a smile coming on and by the time you finish your tall glass of lemonade, you'll be grinning from ear to ear! What could be easier? Enjoying yellow foods is better for you, emotionally, than hearing the best jokes in the world.

D Broccoli, lettuce and cucumbers are all green foods. These foods are great when you want to relax, calm yourself down or keep your **emotions** under control. Green foods are good for you because they contain vitamins and minerals that keep your teeth and bones strong and healthy, so next time your mum tells you to eat all your peas don't **complain**, just do it. Remember, mums always know what's best for you, no matter how old you are!

E You've had a hard day and now you just want to flop in front of the TV for a bit before you go to bed. When your **tummy** starts **rumbling** you go in search of a quick snack – but what should you eat? The best thing at this time of the day is something blue. Blue foods are **soothing**, both emotionally and **physically**, and prepare you for a good night's rest. Say goodnight with a delicious bowl of blueberries or a **handful** of tasty raisins.

F Shakespeare, Da Vinci and Picasso must have all been fans of purple foods. This is because fruits and vegetables like figs, prunes and beetroot make people more **creative**. If that isn't a good enough reason to eat them, then think about this ... purple foods can keep you looking young! Imagine being eighty years old, but looking as if you're forty and just about to finish writing your second best-selling novel. Bring on the purple foods!

EX. 7 P. 103

READ THE TEXT AND TELL ADVANTAGES OF EACH COLOUR

GREEN food is good for ...

RED

ORANGE

YELLOW

BLUE

PURPLE

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Carbohydrates

Fat



Sugar

Minerals

Protein

Vitamins

Fibre

Healthy  foods	
RICH IN	HIGH AMOUNTS FOUND IN
vitamins, minerals, fibre*	fruit, vegetables
protein	chicken, milk, cheese, yoghurt, meat, fish,
carbohydrates	eggs, rice, potatoes, cereal
Unhealthy  foods	
sugar, fat	sweets, biscuits, fizzy drinks, butter, oil,
	chocolate, crisps, cakes
*parts of plants that make food pass quickly through your body	