Losing weight, pp 4, 5

1. Sort out: *apple, cucumber, chips, walnuts, salmon, avocado, yoghurt, ham, crisps, dark chocolate, cookies, hamburger, water, milk, cola, 7up, birthday cake, M&Ms*

Healthy food and drink	Junk food and drink

2. Fill in: *drink, eat, don't drink, don't eat.* Then listen and check.

Eat well

It's good to eat five meals a day: breakfast, morning snack, lunch, afternoon snack and dinner.

_____ lots of healthy food, like fruit and vegetables, nuts, yogurt, cheese and fish.

_____ junk food, like hamburgers, chips, crisps and cookies. No cakes, no sweets!

_____ water, juice and milk. _____ sweet drinks, for example cola or ice tea.

3. Look at the graph and complete the sentences with: *has a healthy weight/ is underweight/ is overweight/ is obese.*

a. Anne is five years old and her BMI is 15.

She _____.

b. Rick is eight and his BMI is 13.
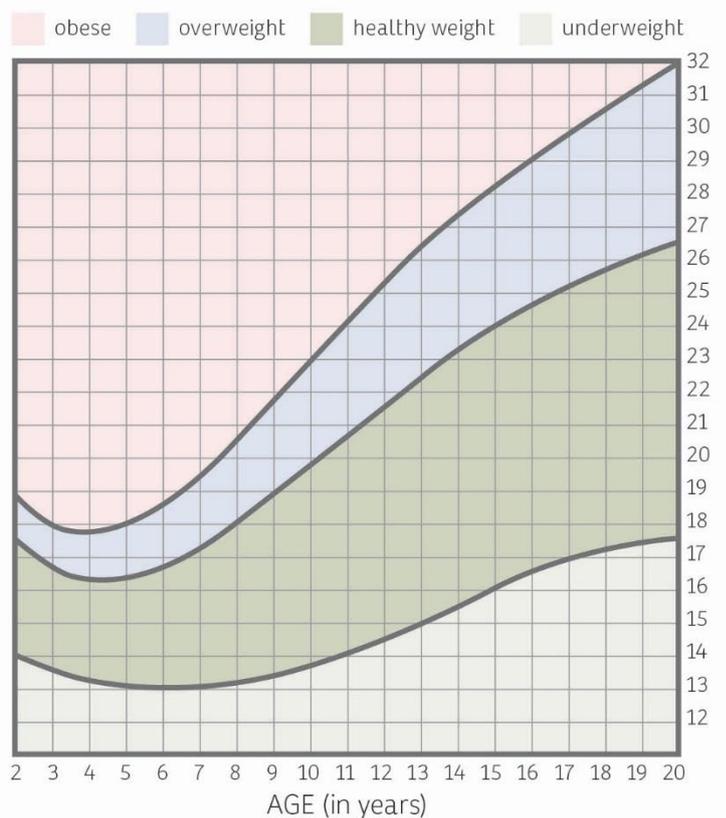
He _____.

c. Nicol is ten and her BMI is 21.

She _____.

d. Fiona is fifteen and her BMI is 21.

She _____.

e. Tom is six and his BMI is 21.

He _____.

SOLUTIONS

1. Sort out: *apple, cucumber, chips, walnuts, salmon, avocado, yoghurt, ham, crisps, dark chocolate, cookies, hamburger, water, milk, cola, 7up, birthday cake, M&Ms*

Healthy food and drink	Junk food and drink
apple, cucumber, walnuts, salmon, avocado, yoghurt, ham, dark chocolate, water, milk	chips, crisps, cookies, hamburger cola, 7up, birthday cake, M&Ms

2. Fill in: *drink, eat, don't drink, don't eat.* Then listen and check.

Eat well

It's good to eat five meals a day: breakfast, morning snack, lunch, afternoon snack and dinner. Eat lots of healthy food, like fruit and vegetables, nuts, yogurt, cheese and fish. Don't eat junk food, like hamburgers, chips, crisps and cookies. No cakes, no sweets! Drink water, juice and milk. Don't drink sweet drinks, for example cola or ice tea.

3. Look at the graph and complete the sentences with: *has a healthy weight/ is underweight/ is overweight/ is obese.*

a. Anne is five years old and her BMI is 15.

She has a healthy weight.

b. Rick is eight and his BMI is 13.

He is underweight.

c. Nicol is ten and her BMI is 21.

She is overweight.

d. Fiona is fifteen and her BMI is 21.

She has a healthy weight.

e. Tom is six and his BMI is 21.

He is obese.