

## Up and down

Rzucajcie na zmianę kostką i poruszajcie się pionkiem w górę lub w dół. Uzupełniajcie zdania w polach, na których stojecie, używając *a, an, some, much, many, any* lub *a lot of*.

<p><b>10</b> How _____ bananas do you eat in a week?</p>	<p>Is there _____ meat in this dish? I don't eat meat.</p>
<p><b>9</b> There are _____ strawberries in the garden. We can't eat all of them!</p>	<p>I usually only have _____ sandwich for lunch.</p>
<p><b>8</b> There aren't _____ eggs in the fridge. Where are they?</p>	<p>I can't find _____ rice in your kitchen. Where do you keep it?</p>
<p><b>7</b> Would you like _____ apple?</p>	<p>There isn't _____ sugar. Just enough for one cup of coffee.</p>
<p><b>6</b> How _____ fruit do you eat in a week?</p>	<p>There's _____ butter in the fridge, but we need more to make a cake.</p>
<p><b>5</b> There are _____ cans of lemonade in my bag. Would you like one?</p>	<p>I eat _____ chocolate – at least two bars a day. I love it!</p>
<p><b>4</b> There isn't _____ water in this bottle. It's empty.</p>	<p>I've got _____ pizza and chips. Do you want to stay for dinner?</p>
<p><b>3</b> I'd like _____ burger, please.</p>	<p>Can you pass me _____ egg, please? I need one for this recipe.</p>
<p><b>2</b> Have you got _____ chewing gum? Can I have some?</p>	<p>We haven't got _____ biscuits, but we've got some cake.</p>
<p><b>1</b> We've got _____ bread and cheese for lunch.</p>	<p>There aren't _____ grapes, but we have enough for a fruit salad.</p>

↑ **START** ↑  
Student 1

↑ **START** ↑  
Student 2

# You are what you eat

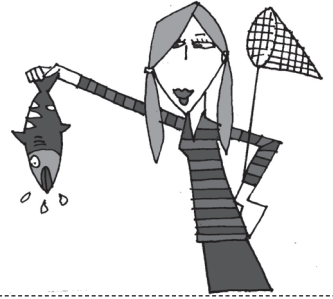
On a typical day, how many people eat some red meat?

**FIND OUT**



On a typical day, how many people eat some fresh fish?

**FIND OUT**



On a typical day, how many people eat some brown bread?

**FIND OUT**



On a typical day, how many people eat some pasta?

**FIND OUT**



On a typical day, how many people eat some fresh fruit?

**FIND OUT**



On a typical day, how many people eat some green vegetables?

**FIND OUT**



On a typical day, how many people eat some green salad?

**FIND OUT**



On a typical day, how many people eat some fast food?

**FIND OUT**



On a typical day, how many people drink some cola?

**FIND OUT**



On a typical day, how many people drink some black coffee?

**FIND OUT**



On a typical day, how many people drink some orange juice?

**FIND OUT**



On a typical day, how many people drink some hot chocolate?

**FIND OUT**

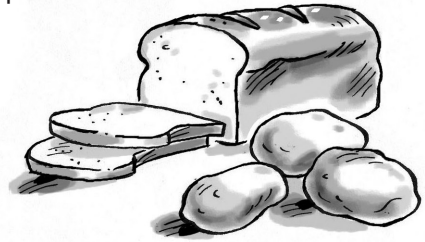


## Healthy eating

### A

1 Uzupełnij zdania wyrazami, które wybierze twój kolega/twoja koleżanka z ramki pod swoim tekstem.

- a You get energy from eating food. Food contains \_\_\_\_\_ and your body turns these into energy.
- b When you eat bread or potatoes, you eat a lot of \_\_\_\_\_.
- c Foods like milk, eggs and yoghurt are called \_\_\_\_\_ products.
- d You find these naturally in foods and they help keep our bodies healthy. Each \_\_\_\_\_ has a name using a different letter of the alphabet.
- e When you cook something, you use different \_\_\_\_\_ to make the dish.



#### Words for Student B:

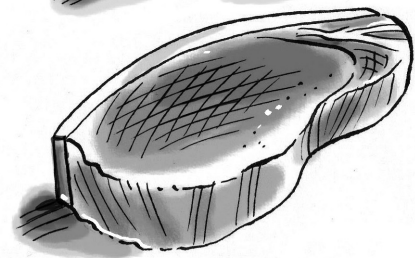
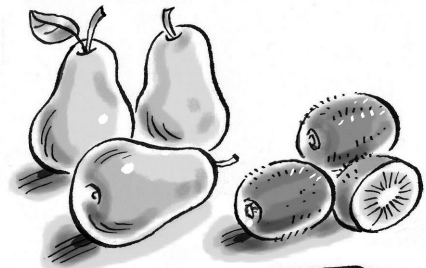
fruit balanced energy meals protein



### B

1 Uzupełnij zdania wyrazami, które wybierze twój kolega/twoja koleżanka z ramki pod swoim tekstem.

- a It's important to have a \_\_\_\_\_ diet to be healthy. Eating too much of one type of food is not good for you.
- b \_\_\_\_\_ is found in foods like meat, eggs and milk. People need it to grow strong and healthy.
- c Pears, kiwis and blueberries are all kinds of \_\_\_\_\_.
- d When we eat, our body turns the food into \_\_\_\_\_.
- e Breakfast, lunch and dinner are different \_\_\_\_\_.



#### Words for Student A:

ingredients calories vitamin carbohydrates dairy



### C

2 Pracujcie w grupach. Zadawajcie sobie pytania i odpowiadajcie na nie.

- 1 Which foods have a lot of carbohydrates? How often do you eat these foods?
- 2 Which dairy products do you eat? How often do you eat them?
- 3 Which foods do you eat that have vitamin C? How often do you eat them?
- 4 Which foods do you eat that have a lot of protein? How often do you eat them?
- 5 How many calories do you eat every day?
- 6 Do you eat your meals at the same times each day?