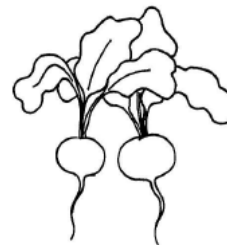# FOOD and HEALTH

with Rob

1. Watch the video and fill in the sentences.

Podívej se na video a doplň správné odpovědi.

A)   Phil eats tuna _____ and bread for lunch.

B)   How many hours of sleep is healthy?

◯ 5 h   ◯ 8 h

C)   We can get vitamins and fibre from:

_____ and _____.

D)   The food group with milk, cheese and yoghurt can make your _____ stronger.

E)   Are biscuits and cakes more important for our health than fruit and vegetable?

◯ YES   ◯ NO

F)   Being healthy can make you more   ◯ happy.   ◯ heavy.

2. Fill in the crossword.

Doplň křížovku.

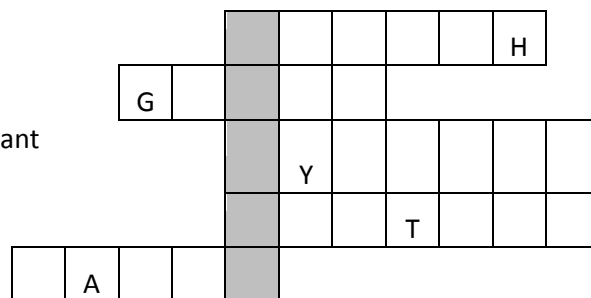People should take care about their …

Rice, cereals and bread are in the food group called …

The fruit and vegetable and grain levels are the most important groups in the food ...
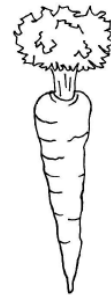
Meat, fish and eggs give you …

Milk and cheese are in a group called …

3. **Match the food with the name of the group where they belong.**

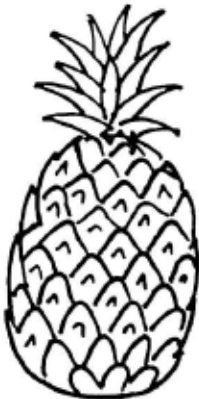**Spoj potraviny s názvem skupiny, do které patří.**

1) **CARROT**   A) DAIRY

2) **BREAD**   B) FRUIT

3) **CHEESE**   C) GRAIN

4) **PINEAPPLE**   D) VEGETABLE

1) ___   2) ___   3) ___   4) ___

4. **Read the sentences and tick (✓) what is HEALTHY and what is UNHEALTHY**

Přečti si věty a označ (✓), co je zdravé [HEALTHY] a co je nezdravé [UNHEALTHY].

	HEALTHY	UNHEALTHY
Drinking too much coke is		
Walking instead of using a car is		
Jogging is		
Sitting a long time in front of the computer is		
Eating too many hamburgers is		
Eating lots of fruit and vegetables is		
Sleeping five hours is		