

I LIKE

FOOD



What is food?

Food is what we eat to live. We need food to have energy and grow.



We need food to live.

Activities



1. Look at these photos. What type of food can you see?



2. Circle the things that are food then say their names.



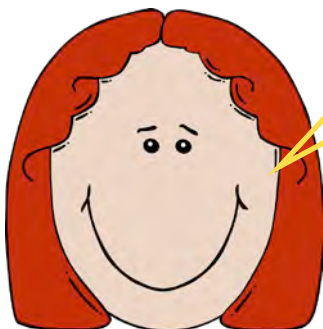
Remember!!

Food is what we eat to live. We need food to have energy and grow.

3. Write and say. Do you like...? Work in pairs.



cheese milk cake bananas chicken
 eggs pizza bread meat sandwiches
 spaghetti orange fish pears apples



Do you like pizza?
 Do you like apples?



No, I don't
 Yes, I do



e.g: I like oranges.

I like
I.....
.....
.....
.....



e.g: I don't like apples.

I don't like
I.....
.....
.....
.....

Types of food.



There are different types of food. Some examples are: dairy products, vegetables, fruit, meat, fish, beans and cereals.

Activities



4. Look at the picture and say if it is a dairy product, a vegetable, a fruit, meat, fish, beans or cereal.



1



2



3



4



5



6



7



5 Look at the foods below. Organize them into groups. Use the chart to help you.



salmon



beans



lentils



trout



peach



rice



carrots



chicken



chickpeas



sausages



sardine



pineapple



bananas



steak



potatoes



lettuce



corn



leek



yogurt



cheese

Dairy products	Fish	Meat	Vegetables

Fruit	Cereals	Beans

Foods that we need.



To grow healthy and strong we have to eat different things. For example, everyday we should drink a lot of water and eat different types of foods.

We need fish, meat, dairy products and eggs to grow.

Fruits and vegetables help us to stay healthy.

Beans and cereals give us energy.



6. Listen and write. What do they eat everyday?



Frank likes _____
Frank doesn't like _____

Frank



Christine



Betty



Patrick

7. Write these sentences in order.



energy. / and / give us / Beans / cereals

and / healthy. / vegetables / Fruits / to / help
us / stay

grow. / We / fish / need / meat / and / to



Remember!!

There are 7 different types of food: dairy products, vegetables, fruit, meat, fish, beans and cereals.

Fish, meat, dairy products and eggs help us to grow.

Fruits and vegetables are very important to grow healthy.

Origins of food.

Where does food come from? Food comes from plants or animals.

ANIMALS



PLANTS



Activities



8. Where does it come from? Circle.



Food from animals



Food from plants



eggplant



lettuce



chicken



potatoes



fish



burger



honey



milk



eggs



sausage

9. Read and write true T or false F.



- We need food to get energy. ____
Bananas and apples come from animals. ____
Fruits and vegetables help us to grow. ____
Honey comes from animals. ____
Rice is a cereal. ____
Lettuce and eggplant are fruits. ____
Chicken and sausages come from animals. ____
Yogurt is a dairy product. ____
Beans and cereals give us energy. ____
Lentils and chickpeas are beans. ____
Apples and oranges are fruits. ____



10. Look and circle the food that doesn't belong.



Remember!!

Food comes from animals or plants.

Processed food and fresh food.



Fresh foods are foods that you don't change before you eat them. They're the same as they are in nature. Eggs, oranges, lettuce... are examples of fresh food.

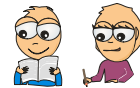
Processed foods are foods that you change before you eat them. Mayonnaise and oil are processed foods.



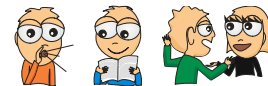
Activities



11. Look and label. Are the foods fresh or processed?



12. Choose the correct answer. Match and say.



Are eggs fresh food?

No, they aren't.

Are tomatoes processed food?

Yes, they are.

Is bread processed food?

No, it isn't.

Is oil fresh food?

Yes, it is.

13. Circle the foods that we have to keep in the fridge. Write their names.



Meat



Banana



Cabbage



Fish



Leek



Chicken



Carrot



Lettuce



Potato



Orange



Sausage



Apple



Cereals



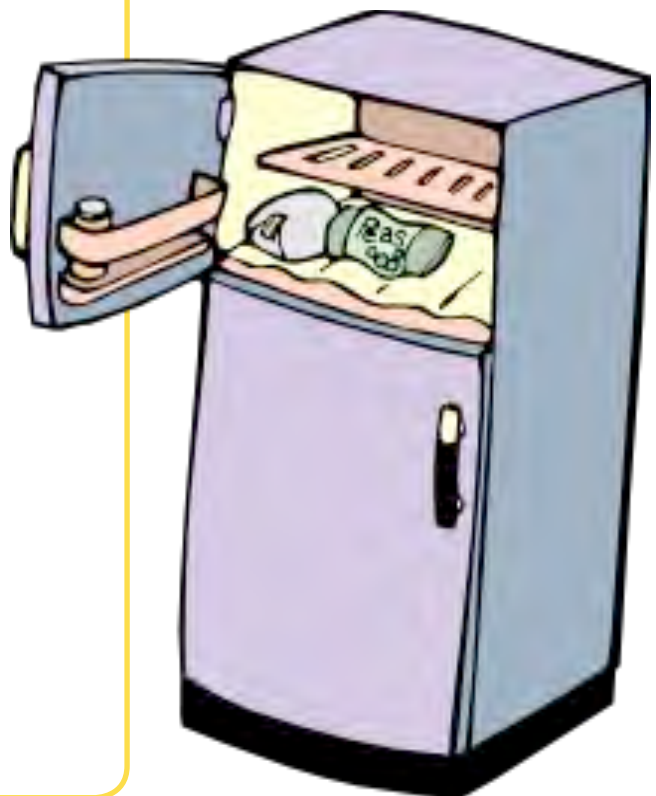
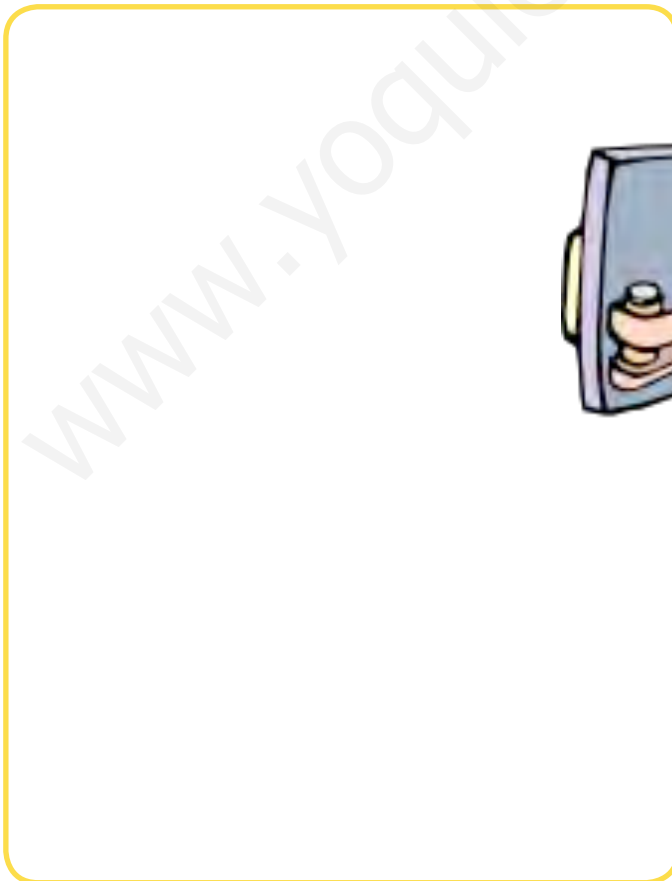
Tomato



Bread



oil





Eggs, orange and lettuce are fresh foods.
Mayonnaise and oil are processed foods.

14. Listen and complete.

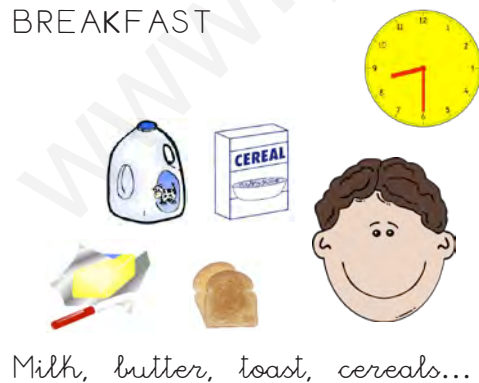
. The food that we don't change is _____ food.
. The food that we change is processed _____. Food comes from _____ and _____. We need food to get energy and _____. Fruits and vegetables help us to stay _____.

Meals in a day.

We should eat five times a day. The five meals are:

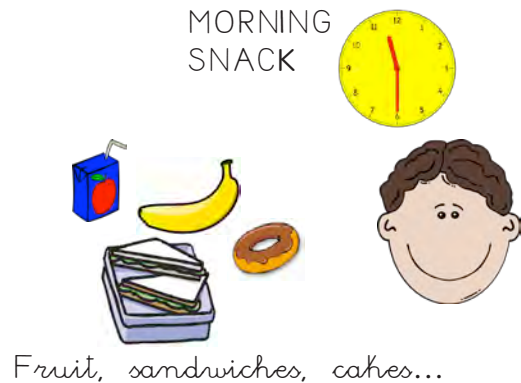
- Breakfast
- Morning snack
- Lunch
- Afternoon snack
- Dinner

BREAKFAST



Milk, butter, toast, cereals...

MORNING SNACK



Fruit, sandwiches, cakes...

LUNCH



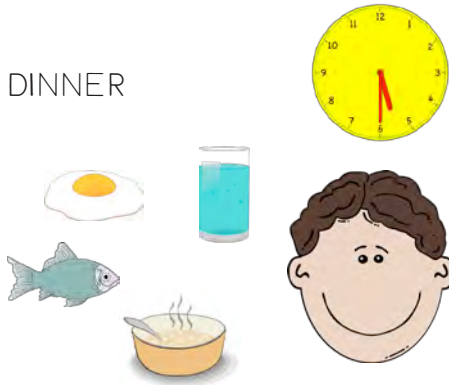
Juice, water, vegetables,
meat, fish, fruit, pasta,
eggs...

AFTERNOON SNACK



Cookies, sandwiches,
juice, fruit, milk...

DINNER

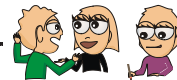


Water, eggs, soup, fish...

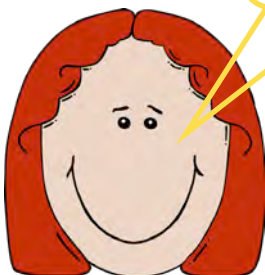
Activities



15. Ask and complete. Work in pairs.

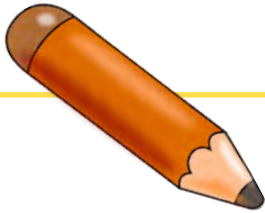


What do you like to
drink for breakfast?
What do you like to
eat for breakfast?



I like to drink
milk.
I like to eat toast.





	ME	MY CLASSMATE _____
Drink for breakfast		
Eat for breakfast		
Drink for lunch		
Eat for lunch		
Drink for dinner		
Eat for dinner		

16. Complete the sentences.

. For breakfast I eat _____

. For lunch I eat _____

. For dinner I eat _____



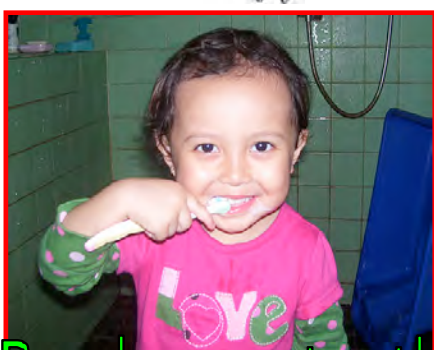
Remember!!

We should eat five meals a day: breakfast, morning snack, lunch, afternoon snack and dinner.

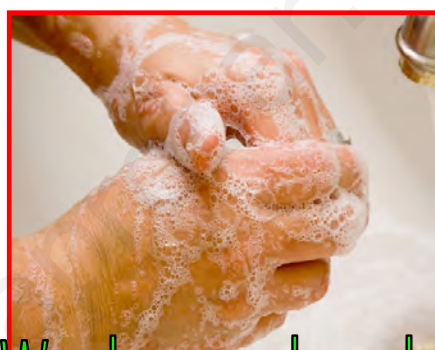
GOOD HABITS

Wash your hands before meals and brush your teeth after meals.

REMEMBER!!



Brush your teeth



Wash your hands

17. Match.



Wash your hands



Brush your teeth



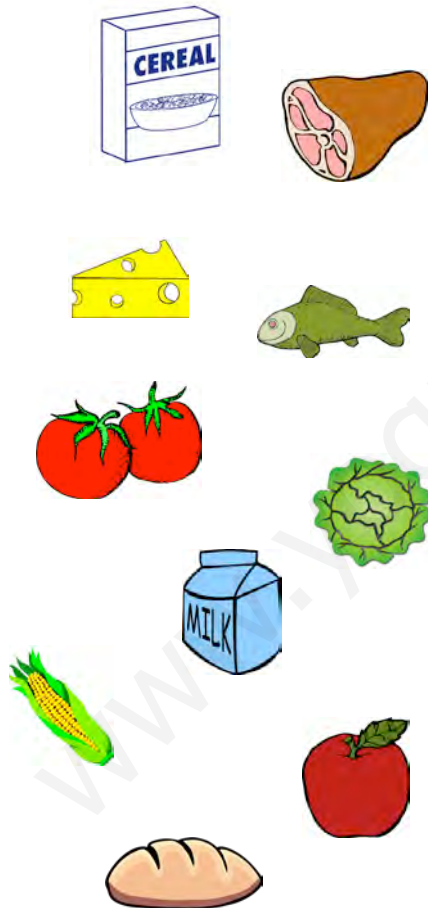
Eat your food

22. Tick the true sentences.



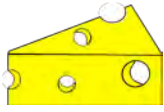
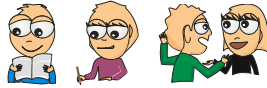
- Breakfast is the first meal of the day.
- Vegetables are bad for your body.
- You should wash your hands before eating.
- Lettuce is a vegetable.
- You have to eat three times a day.
- Fruits and vegetables help us to stay healthy.
- Chicken comes from an animal.
- Fruits and vegetables come from plants.

23. Wordsearch. Find these types of food.



L	E	T	T	U	C	E	A	B	T
D	A	I	R	Y	S	F	J	K	O
R	E	B	N	M	M	I	L	K	M
C	E	R	E	A	L	S	M	F	A
O	M	E	A	T	X	H	S	O	T
R	U	A	P	P	L	E	Y	E	O
N	A	D	B	F	R	U	I	T	E
V	E	G	E	T	A	B	L	E	S

24. Read and guess.



I'm delicious. I have
bread, vegetables,
meat and cheese.
I'm a _____

Everyone likes me.
I'm sweet. I can be
black or milk.
I'm _____

I'm yellow.
I have holes.
I'm made from milk.
I'm _____

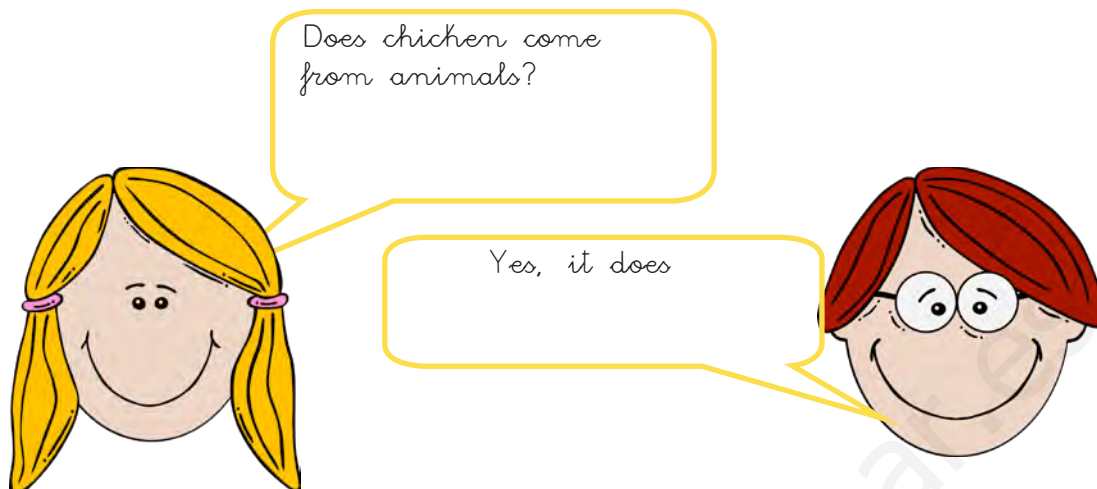
I'm a fruit. I have
green skin, but I'm
red on the inside.
I'm _____

I'm a fruit. I'm
brown outside and
green inside.
I'm a _____

I'm long. You boil
me. Eat me with
tomato, please.
I'm a _____

I'm long.
I'm yellow.
I'm a fruit.
I'm a _____

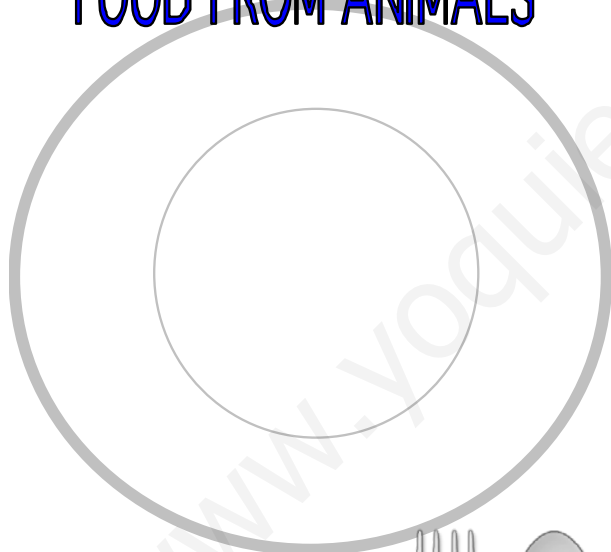
25. Ask and answer. Work in pairs. Choose six types of food.



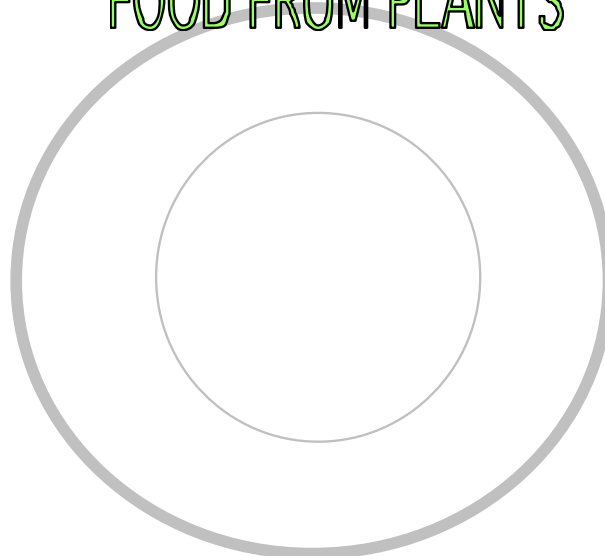
26. Draw your favourite food.



FOOD FROM ANIMALS



FOOD FROM PLANTS



27. Circle the correct answer.

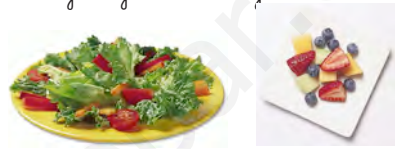


1. What is food?
 - a Food is a game.
 - b Food is what we eat.
 - c Food is a type of plant.

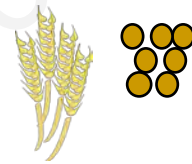


2. How many types of food are there?
 - a There are five types.
 - b There are six types.
 - c There are seven types.

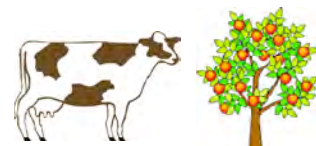
3. What type of food is very important for staying healthy?
 - a Meat and chocolate.
 - b Fish and cereals.
 - c Vegetables and fruit.



5. What do beans and cereals give us?
 - a They give us proteins.
 - b They give us energy.
 - c They give us sugar.



6. Where does food come from?
 - a Food comes from minerals and plants.
 - b Food comes from animals and insects.
 - c Food comes from animals and plants.



7. What is the first meal of the day?
 - a Lunch
 - b Breakfast
 - c Dinner

BREAKFAST



8. What type of food are eggs?
 - a Fresh food.
 - b Processed food
 - c Plant food.



9. What meal do you have before going to bed?
 - a Afternoon snack.
 - b Lunch.
 - c Dinner.

DINNER



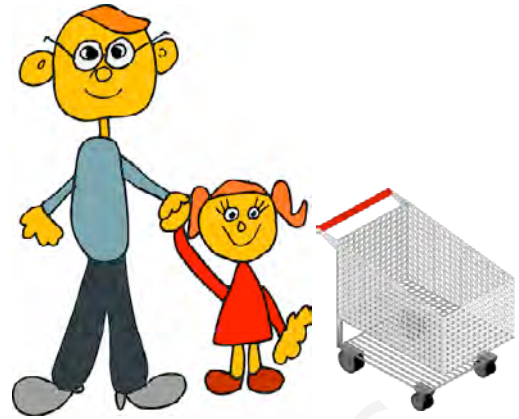
10. What do you do after eating?
 - a Wash your hands.
 - b Brush your teeth.
 - c Go to bed.



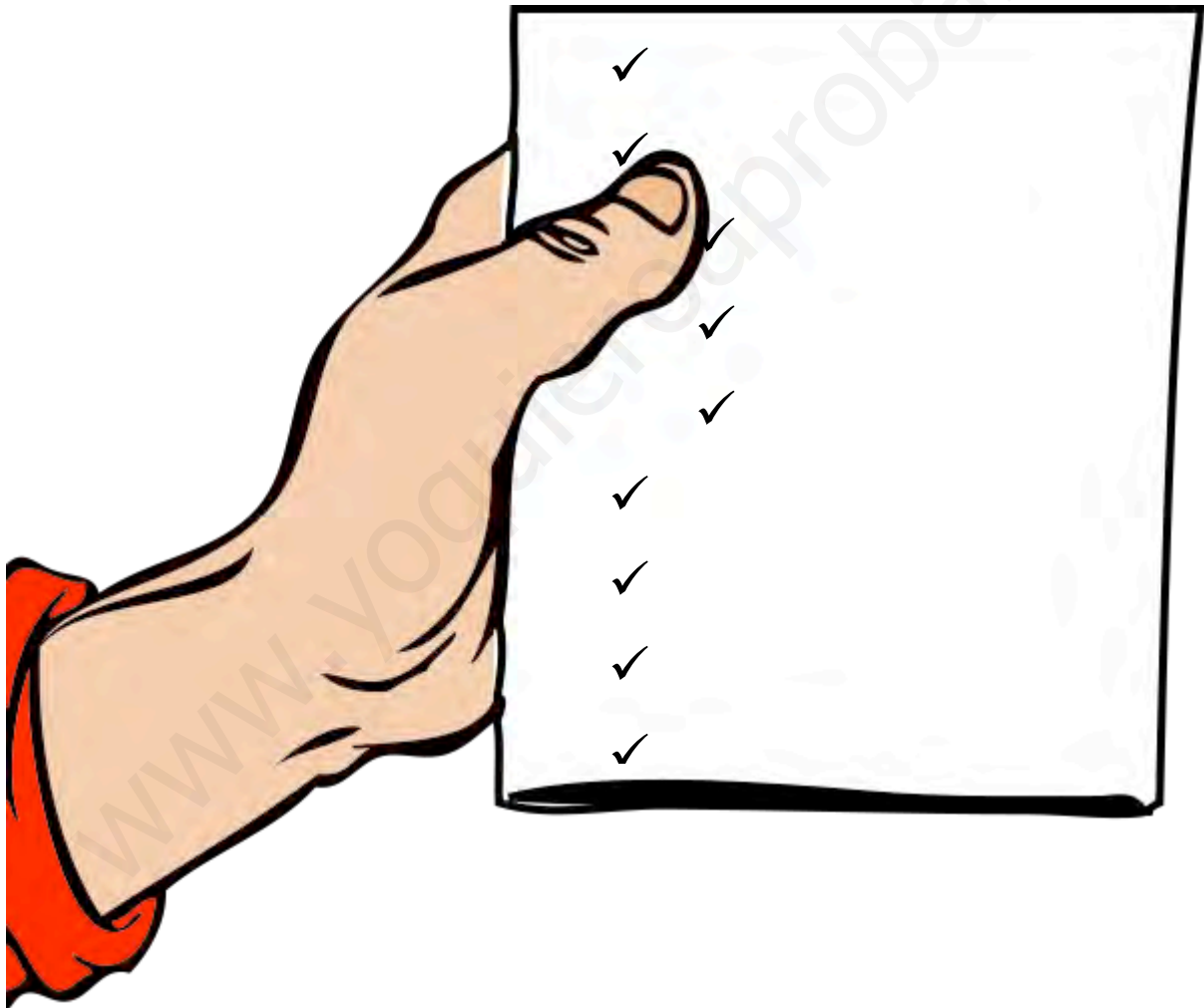
28. Vocabulary game. 

- I went shopping and I bought..."

I went Shopping and I bought
oranges, potatoes, fish...



29. Make a shopping list for next week. 



30. Crossword.

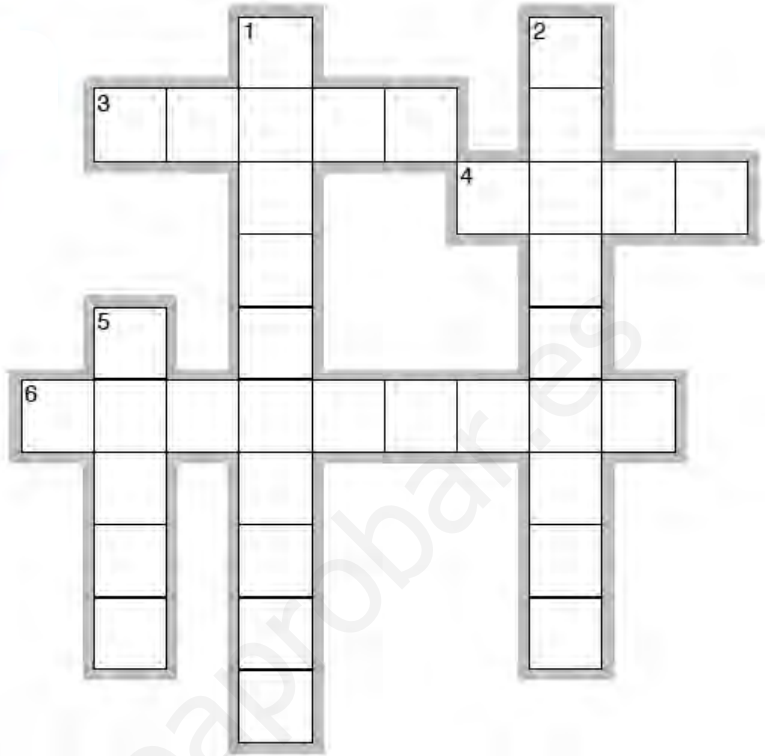


ACROSS

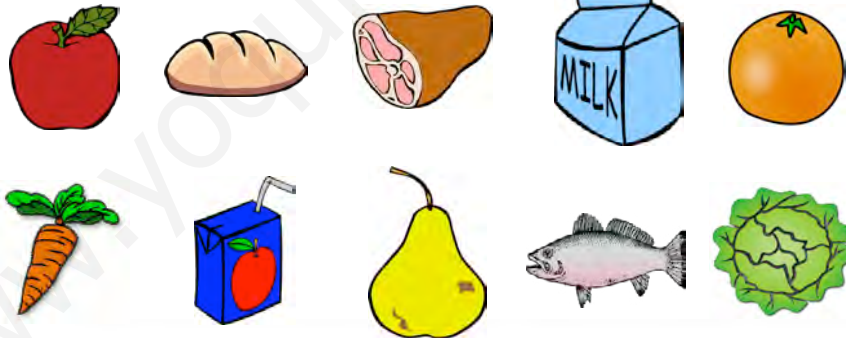
- 3. We brush them after meals
- 4. What we eat
- 6. We eat this meal in the morning

DOWN

- 1. Carrots, tomatoes and lettuce are this type of food
- 2. Food that we change
- 5. They help us to stay healthy



31. Play Bingo!! Cut out three words and stick them on the picture. Then, listen to the words that your teacher calls out.

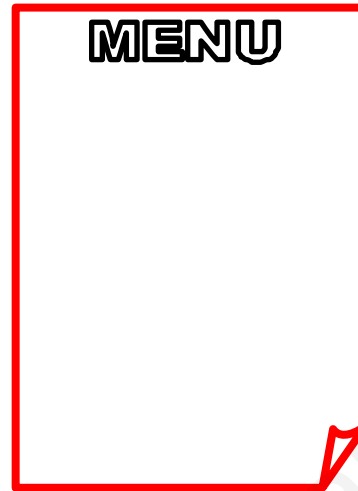


apple	bread	meat	milk	orange
carrot	juice	pear	fish	lettuce

32. Do a project about food. Create your own menu!

You need:

- a pencil
- coloured pencils
- coloured paper.
- card paper or cardboard.
- pictures of food.



33. What can you do? Cross X



Hello!! My friends!!
Read and tick.

SELF-ASSESSMENT Read and write a cross				
	I recognize words and expressions related to food			
	I can read short and easy information about food and understand it			
	I can talk. about food			
	I can talk. to your classmates about what you eat			
	I can write and do projects about food			