

How can food improve your health



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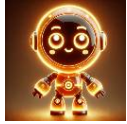
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المزيد من مادة
لغة انجليزية:

التواصل الاجتماعي بحسب الصف السابع



صفحة المناهج
الإماراتية على
فيسبوك

الرياضيات

اللغة الانجليزية

اللغة العربية

التربية الاسلامية

المواد على تلغرام

المزيد من الملفات بحسب الصف السابع والمادة لغة انجليزية في الفصل الأول

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1B اضغط للمزيد على قناة مس شيما أحمد في التلقرام

How can food improve your health?

ENGLISH

1 Complete each sentence with the words in the box.

healthy • low fat • delicious • vitamins • diet
fresh • protein • carbs • fat • unhealthy

- 1 We should try to eat healthy food to help our bodies feel good and active.
- 2 It is important to have a balanced diet, with different kinds of food.
- 3 Fruit and vegetables can give your body important vitamins and other nutrients.
- 4 Some foods like fish, beans, or eggs contain protein which helps the body stay strong.
- 5 Eating too much fat can sometimes be a problem, so balance is important.
- 6 Foods like rice or bread contain carbs, which give the body energy.
- 7 Many people enjoy delicious food because it tastes good and is satisfying.
- 8 Choosing low fat food from time to time can help people make balanced choices.
- 9 Meals with vegetables and fruit often taste better when the ingredients are fresh.

2 Match each part to make a complete sentence. Then choose the sentence you agree with most.

- | | | |
|---|----------|--|
| 1 You shouldn't eat too much fast food | b | a because it helps your body stay hydrated. |
| 2 You should eat fruit regularly | c | b because it can make it harder to keep a balanced diet. |
| 3 You should drink enough water | a | c because it gives your body vitamins and energy. |
| 4 You shouldn't skip breakfast | e | d because it helps you feel more organized and prepared. |
| 5 You should plan your meals for the week | d | e because it helps you have energy in the morning. |

3 Complete the sentences with **should** or **shouldn't**.

- 1 You feel tired during afternoon classes. You should eat balanced meals.
- 2 You have a very busy school day. You shouldn't skip meals.
- 3 You want to have more energy in the morning. You should eat breakfast.
- 4 You often feel very hungry late in the day. You should plan regular meals.
- 5 You eat fast food several times a week. You should plan meals ahead.
- 6 You feel weak after sports practice. You should choose food that gives you energy.
- 7 You don't have much time after school. You should choose simple meals.
- 8 You want to stay focused during lessons. You should drink enough water.

4 Read the sentences. Correct any mistakes.

You should eat breakfast every day.

1 You shoulds eat breakfast every day.

Students shouldn't skip meals when they are busy.

2 Students should to skip meals when they are busy.

A student who feels tired in the afternoon should eat balanced meals.

3 A student feel tired in the afternoon should eat balanced meals.

You shouldn't skip meals during the school day.

4 You shouldn't skipping meals during the school day.

People should plan their meals for the week.

5 People should plan they meals for the week.

You should drink enough water to stay active.

6 You should drink enough water to stay active.

A busy student shouldn't skip breakfast.

7 A busy student shouldn't skips breakfast.

You should choose food that gives you energy.

8 You should choose food give you energy.

Students should plan meals ahead to feel more organized.

9 Students should plan meals ahead to feel more organized.

You shouldn't eat late at night every day.

10 You shouldn't eat late night every day.



5 Rewrite the sentences using *should* or *shouldn't*.

1 It is a good idea to eat breakfast every day.

You should eat breakfast every day.

2 It is not a good idea to skip meals when you are busy.

You shouldn't skip meals when you are busy.

3 Planning meals can help people feel more organized.

People should plan their meals.

4 Drinking enough water helps you stay active.

You should drink enough water to stay active.

5 Eating very late can make people feel tired the next day.

You shouldn't eat very late.

6 It is a good idea to plan what you eat on busy days.

You should plan what you eat on busy days.

7 It is not a good idea to skip breakfast when you have a long school day.

You shouldn't skip breakfast when you have a long school day.

8 Drinking water regularly can help people stay focused.

You should drink water regularly to stay focused.

9 Eating late at night every day is not helpful for feeling energetic in the morning.

You shouldn't eat late at night every day.

10 Choosing simple food options can save time during the week.

You should choose simple food options during the week.

اضغط للمزيد على قناة مس شيماء أحمد في التلقرام