Confucian Tai Shing Primary School 2021-2022 1st Term Healthy Eating (Pamphlet)

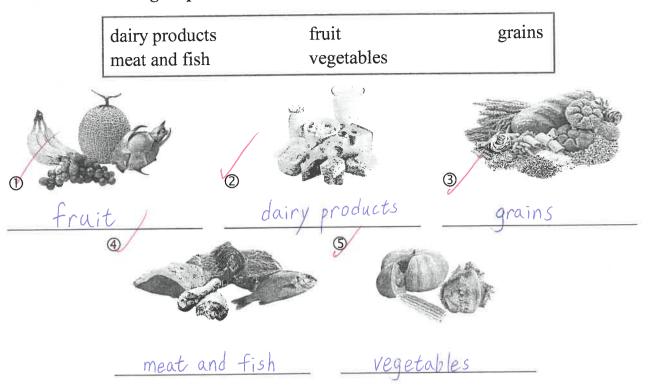


Read to write (3) 🌣



Task: Make a pamphlet about healthy eating for your school.

A. Label the food groups. Fill in the blanks using the words in the box.

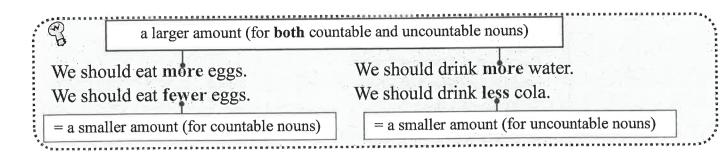


B. Label the food items. Fill in the blanks using the words in the box.

beef papaya	cereal pasta	cheese pork	corn pumpkin	lettuce rice	melon yoghurt
0		2)	3		
<u>corn</u>		cereal ©	Jettuce 3		lon
beef (9)		papaya	cheese (1)		ta
pork		pumpkin	rice	yogi	nurt

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C. Look at pages 58 and 59 of your textbook again. Complete the table below.



cola	fruit and vegetables	meat and fish
milk	soft drinks	sweets
water		

	more	some	less	fewer
Eat	fruit and vegetables	meat and fish	oil, salt and sugar	sweets
Drink	water	milk	cola	soft drinks

D. Complete the sentences using 'should' and the information in part C.

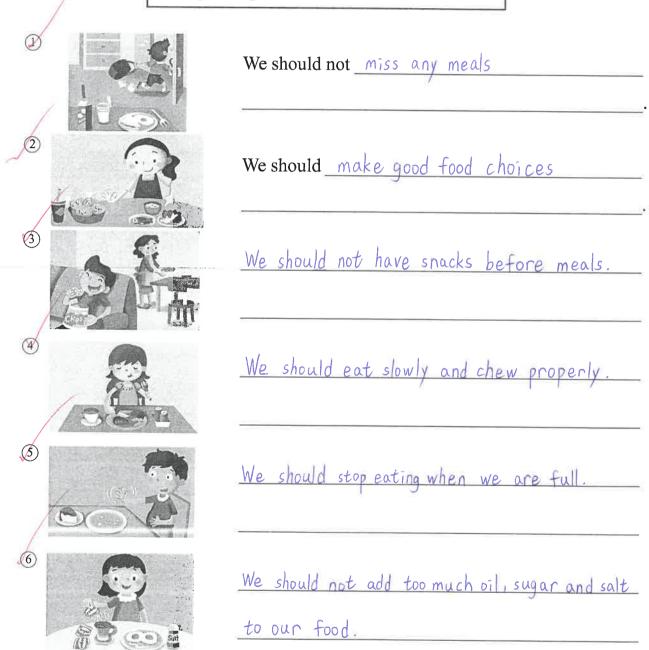
We should drink six to eight glasses of water every day.

Do NOT change the form of the verbs after

- We should eat more <u>fruit</u> and vegetables
- 2 We should drink enough six to eight glasses of water every day
- We should eat less oil, salt and sugar.
- We should drink fewer soft drinks.

E. Look at the pictures. Make sentences using 'should' or 'should not' and the words in the box.

add too much oil, sugar or salt to our food eat slowly and chew properly have snacks before meals make good food choices miss any meals stop eating when we are full



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F. Complete the pamphlet.

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	addressed in the time that the control of the contr	
W	hat to eat/drink	
>	We should include more grains in our diet.	
D	We should eat more <u>fruit</u> and vegetables.	
X	We should drink enough six to eight glasses of water every day.	
>	We should eat less oil, salt and sugar.	
	We should drink fewer soft drinks .	
TT.		
116	ealthy eating habits	
M	We should make good food choices.	
M	We should not <u>miss</u> any <u>meals</u> .	
×	We should not have snacks before meals.	
×	We should eat slowly and chew properly.	
X	We should stop eating when we are full.	!
W	We should not add too much oil, sugar and salt to our food.	
Y	We should not eat too much takeaway.	
and the second second		

Content:	Language:	Format /	Creativity:	Total:	
	·	Organisation:			
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