

Confucian Tai Shing Primary School

2021-2022 1st Term

Healthy Eating (Pamphlet)



Read to write (3) ✨




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Class: P. 5 (H)


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.


dairy products meat and fish	fruit vegetables	grains
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① fruit




② dairy products



③ grains




④ meat and fish




⑤ vegetables

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


beef	cereal	cheese	corn	lettuce	melon
papaya	pasta	pork	pumpkin	rice	yoghurt




① corn




② cereal




③ lettuce




④ melon




⑤ beef




⑥ papaya




⑦ cheese




⑧ pasta




⑨ pork



⑩ pumpkin



⑪ rice



⑫ yoghurt

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

a larger amount (for **both** countable and uncountable nouns)

We should eat **more** eggs.
We should eat **fewer** eggs.

= a smaller amount (for countable nouns)

We should drink **more** water.
We should drink **less** cola.

= a smaller amount (for uncountable nouns)

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

- ① We should eat more fruit and vegetables.
- ② We should drink enough six to eight glasses of water every day.
- ③ We should eat less oil, salt and sugar.
- ④ 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



We should not miss any meals



We should make good food choices



We should not have snacks before meals.



We should eat slowly and chew properly.



We should stop eating when we are full.



We should not add too much oil, sugar and salt to our food.

F. Complete the pamphlet.

What to eat/drink

- We should include more grains in our diet.
- We should eat more fruit and vegetables.
- 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.

Healthy eating habits

- We should make good food choices.
- We should not miss any meals.
- We should not have snacks before meals.
- We should eat slowly and chew properly.
- We should stop eating when we are full.
- We should not add too much oil, sugar and salt to our food.
- We should not eat too much takeaway.



Content :	Language :	Format / Organisation :	Creativity :	Total :
10 /10	10 /10	6 /6	4 /4	30 /30