

19 Listen and read. Then find the unhealthy food group.



- FATS AND SUGARS
- DAIRY
- PROTEIN
- FRUIT AND VEGETABLES
- CEREALS

Look at the food groups. There is some bread, rice and pasta in the orange group. There is some sugar and ice cream in the red group. The red group is unhealthy. In the blue group there is some cheese, milk and yoghurt.

There is some meat and fish in the purple group. Look at the green group. There are some oranges and carrots. Is there any fruit you like? Are there any vegetables you like? They are very healthy.

- Fats and sugars** cakes, chocolate, ice cream
- Dairy** milk, cheese, yoghurt
- Protein** meat, fish, eggs, chicken
- Fruit and vegetables** plums, strawberries, peaches, avocados, beans, peas, tomatoes, carrots
- Cereals** bread, rice, pasta

**THINK!**  
Are tomatoes fruit or vegetables?

20 Say the word. Find the food group.

Avocados.

Fruit and vegetables!

**MINI-PROJECT**  
Do a group food survey.