

**Name:**  
**Class:**  
**Date:**

**IMPACT NOW 2**  
**Week 12**  
**U6 WS1**



## A) READING

### A. Before you read, answer the questions.

1. Do you like eating different food?  
.....
2. Do you prefer junk food or healthy food?  
.....
3. What drinks do you like?  
.....

### Food Groups

Something that affects people, more than anything else every day is the food that is eaten. Some foods taste better than other food, and food can be healthy or unhealthy. One thing all foods have in common is that it belongs to one of the five major food groups.

Food groups are special collections of food that can be placed into one of the five categories. They are officially called the Five Food Groups. Each of the five food groups shares the same nutritional properties. The five food groups are as follows: Fruits, Vegetables, Grains, Proteins, and Dairy.

The first food group, fruit, includes fresh, canned, dried, or frozen apples, pears, grapes, apricots, cherries, plums, bananas, pineapples, melons, grapes, and others. The fruit food group is a source of Vitamin C which helps control infections, builds healthy bones, teeth, blood vessels, and decreases the risk of illnesses. It also offers potassium for a healthy heart and muscles. The second food group is vegetables and includes broccoli, cabbage, lettuce, potatoes, carrots, corn, onions, peas, pumpkins, tomatoes, mushrooms,

turnips, spinach and many more. The more colorful they are, the more vitamins and minerals they will contain such as Vitamin A for healthy eyes, white blood cells, and skin. Vegetables also help reduce the risk of cancer.

The third food group, grain, is the bread and cereal group and includes wheat and whole grain bread. In addition, rice, pasta, noodles and cornbread are a part of the grains' food group. These foods provide fibers for protection against heart disease and Vitamin B helps with the nervous system, release of energy and production of blood.

The fourth food group is proteins and is sometimes called the meat and fish group because it includes meats such as chicken, turkey, shrimp, and tuna. Protein helps with the formation of bones, muscles, blood, and other tissues.

The final food group is dairy and contains different kinds of milk. It also includes different types of yogurt, some ice creams, and many types of cheese. These foods provide calcium, a mineral good for strong teeth and bones, plus Vitamin D which helps the body absorb the calcium, reduces the risk for certain illness such as heart disease and cancer, plus supports your muscles so they work correctly. There are many foods to choose from each group. Most people need a variety of foods from each food group and there are suggested recommendations depending on a person's age and needs.

### B. Read the text and answer the questions.

1. How many food groups are there? What are they?  
.....
2. Do vegetables help reduce the risk of cancer?  
.....
3. Which food group is a source of Vitamin C?  
.....
4. Which food group provides calcium?  
.....

## B) VOCABULARY

### A. Complete the table with the words given in the box.

fizzy drinks - meat - butter - strawberry - carrot - smoothie  
 potato - cheese - yogurt - fish - egg - milkshake

Fruit and Vegetables	Drink	Dairy	Proteins
.....	.....	.....	.....
.....	.....	.....	.....
.....	.....	.....	.....

### B. Match the words with the pictures.



- |               |         |              |         |
|---------------|---------|--------------|---------|
| a. hot dog    | (.....) | e. chips     | (.....) |
| b. ice cream  | (.....) | f. chocolate | (.....) |
| c. grains     | (.....) | g. cereals   | (.....) |
| d. mayonnaise | (.....) | h. salad     | (.....) |

### C. Complete the sentences with the words in the box.

competition - main course - dessert - finalist - recipe  
 healthy - register - prepare - ingredients - sauce

- Baking a cake isn't difficult - it's just a matter of following the .....
- A good diet and plenty of exercise will help you to keep your body .....
- The meal took two hours to ....., so I was tired.
- If you make the main course, I'll make the .....
- You mix all the dry ..... together before you add the milk.
- In this business, we always have to be aware of the .....
- I'm the guy who showed Tom how to make .....
- Amanda was a top ten ..... for the national title.
- Students have to..... for the new course by the end of April.
- My friends had fish for their ..... yesterday.

## C) USE OF ENGLISH

### A. Match the questions and answers.



We use **"like"** to talk about preferences. (Do you like fruit? Yes, I like apples.)

We use **"would like"** to make offers and requests. (I would like some water, please.)

- |  |   |
|--|---|
| 1. What would you like to do with these books? (.....) | a. Yes, please and I'd like the salt, please. |
| 2. Would you like some more cake? (.....)              | b. No, I wouldn't. I hate fizzy drinks.       |
| 3. Do you like Chinese food? (.....)                   | c. No, I am a vegetarian.                     |
| 4. What time would you like your dinner? (.....)       | d. Orange.                                    |
| 5. Do you like meat? (.....)                           | e. No, thanks. I am on a diet.                |
| 6. Would you like some coke? (.....)                   | f. Please put them on the shelf.              |
| 7. How many hamburgers would you like? (.....)         | g. No, I hate Chinese food.                   |
| 8. How would you like your coffee? (.....)             | h. At seven o'clock please.                   |
| 9. What fruit do you like? (.....)                     | i. Bananas, please.                           |
| 10. Which fruit would you like? (.....)                | j. Two, please. We're both hungry.            |
| 11. Would you like the pepper? (.....)                 | k. With cream and sugar, please.              |

### B. Complete the sentences with "would like" or "like(s)".



**would like** = want to (now or in the future)

**like** = enjoy (in general)

1. Nobody ..... to swim in the pool because it was dirty.
2. Mary wants to be a dancer because she ..... dancing.
3. Jane had an accident two months ago so she ..... to drive a car anymore.
4. She is a vegetarian. She ..... eating vegetables.
5. I am hungry. I ..... to eat a sandwich.
6. My son is interested in Maths. He ..... solving problems.
7. The kids ..... drawing and coloring.
8. These questions are very easy. Everyone ..... to answer them.
9. My mum is a good cook. She ..... cooking.
10. I bought a new camera. I ..... taking photos.

### C. Complete the sentences with "should" or " shouldn't".



**"Should"** is a modal verb used for suggestions and advice.

**"Should"** is the same for all persons.

You **should** drink a lot of water.    You **shouldn't** smoke.

1. When you play tennis, you ..... watch the ball.
2. Diana looks tired. She ..... go to bed early.
3. You ..... brush your teeth twice.
4. You ..... run in the class.
5. Sam cuts his finger. He ..... be careful. He is naughty.
6. My brother watches TV too much, but he has a test tomorrow. He ..... study for his test.
7. Angelina has got a cold. She ..... take a rest at home. She ..... go to work.
8. The children ..... stay up late if they want to grow up.
9. Your hands are dirty. You ..... wash your hands before and after meal.
10. When you're driving, you ..... fasten your seat belt.

### D) WRITING

**Write down what you usually eat in a day. While writing, answer the questions below.**

- Do you eat healthy food? Do you like vegetables? Do you like fruit?
- What time do you eat breakfast/ lunch/ dinner? Do you have snacks?
- What do you usually eat for breakfast/ lunch/ dinner /snacks?

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