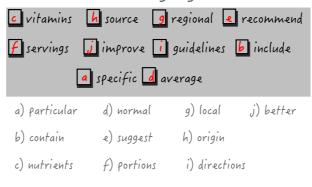
Food and Eating: ANSWERS

1. Which words do you already know? Use a dictionary for any new words. Match them to their synonyms



2. Use the words in the gray box to complete the following sentences.

- 1. Today many countries have produced <u>guidelines</u> to teach their citizens about healthy diets.
- 2. Most doctors <u>recommend</u> eating a lot of fruits and vegetables.
- 3. Fresh fruits such as oranges and bananas contain important <u>nutrients</u>.
- 4. You should eat a few <u>servings</u> of protein every day. Fish, meat, and tofu all contain protein.
- 5. Cheese is an excellent <u>source</u> of calcium; so are milk and yogurt.
- 6. Scientists believe that the <u>regional</u> food in Sardinia helps the people who live there live long, healthy lives.
- 7. It's OK to <u>include</u> some sweets such as chocolate in your diet, but not too many.
- 8. Some scientists believe that eating broccoli can improve your memory. I'm going to eat some before the test next Friday!
- 9. Bananas only grow in <u>specific</u> areas of the world. They can only grow in countries with warm, tropical climates such as Costa Rica.
- 10. On an <u>average</u> day, I drink three cups of coffee; however, yesterday I drank five.

NatGeo Pathways 2: B.T. Chase & K.L Johannsen