

## Food and Eating

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

vitamins    source    regional    recommend  
 servings    improve    guidelines    include  
 specific    average

a) particular   d) normal   g) local   j) better  
b) contain   e) suggest   h) origin  
c) nutrients   f) portions   i) directions

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

1. Today many countries have produced \_\_\_\_\_ to teach their citizens about healthy diets.

2. Most doctors \_\_\_\_\_ eating a lot of fruits and vegetables.

3. Fresh fruits such as oranges and bananas contain important \_\_\_\_\_.

4. You should eat a few \_\_\_\_\_ of protein every day. Fish, meat, and tofu all contain protein.

5. Cheese is an excellent \_\_\_\_\_ of calcium; so are milk and yogurt.

6. Scientists believe that the \_\_\_\_\_ food in Sardinia helps the people who live there live long, healthy lives.

7. It's OK to \_\_\_\_\_ some sweets such as chocolate in your diet, but not too many.

8. Some scientists believe that eating broccoli can \_\_\_\_\_ your memory. I'm going to eat some before the test next Friday!

9. Bananas only grow in \_\_\_\_\_ areas of the world. They can only grow in countries with warm, tropical climates such as Costa Rica.

10. On an \_\_\_\_\_ day, I drink three cups of coffee; however, yesterday I drank five.