**Worksheet 1(Main activity)**



**Use the words above to finish the sentences below:**

**a. White bread, white rice and potatoes are high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**b. Butter and cheese are high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**c. Oily fish, for example salmon, is high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**d. Brown rice and wholegrain bread are high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Worksheet2(Main activity)**



**Worksheet3(Post Activity)**

Discuss with your partner about given topic. Use the keyword below to explain the questions. (5min)



-To be healthy, what kind of food will you eat? Make your diet for tomorrow lunch. Explain it with the vocabulary above (at least 3).