

What is food?

Food is what we eat to live. We need food to have energy and grow.



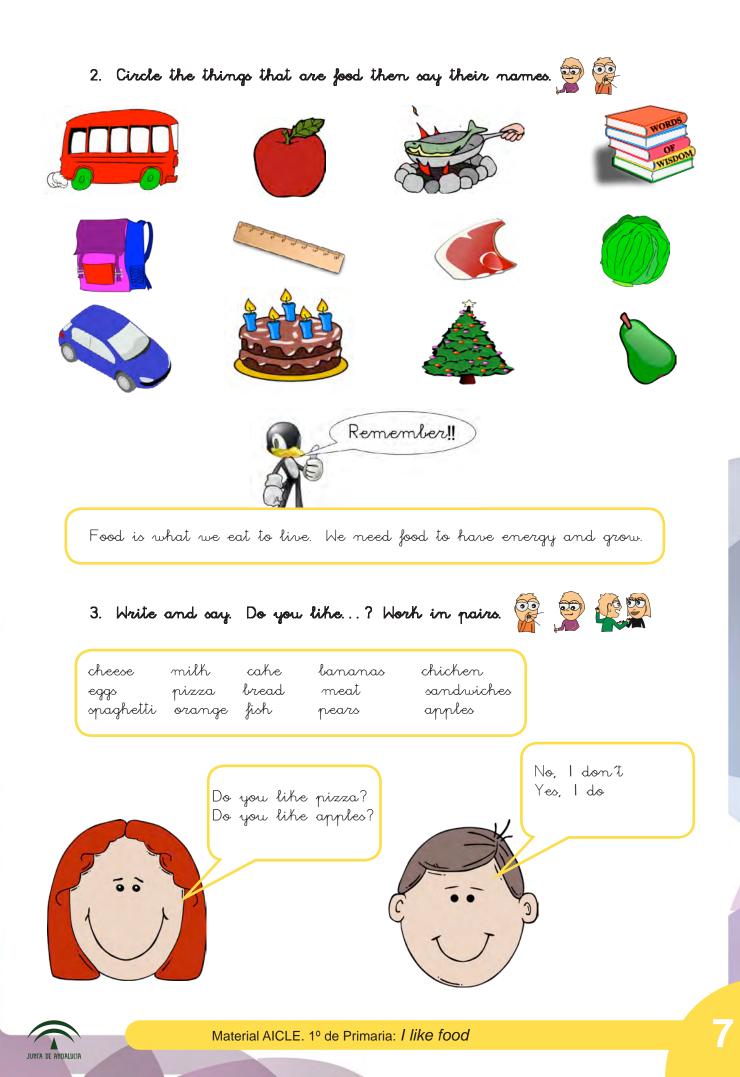


We need food to live.

1. Look at these photos. What type of food can you see?







e.g. lihe oranges.	e.g:1 don't like apples.
1 lihe	I don't like
l	l

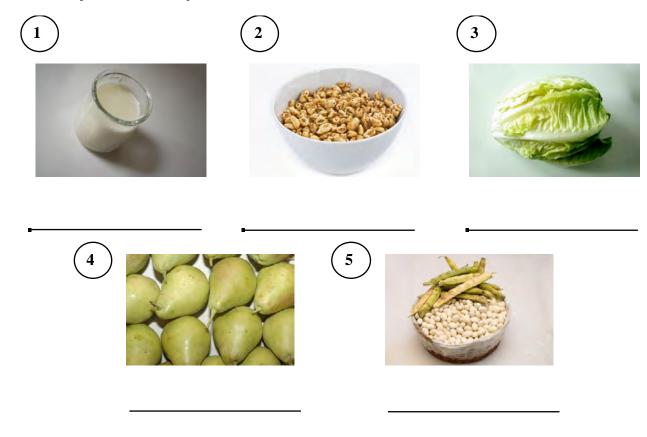
Types of food.



There are different types of food. Some examples are: dairy products, vegetables, fruit, meat, fish, beans and cereals.



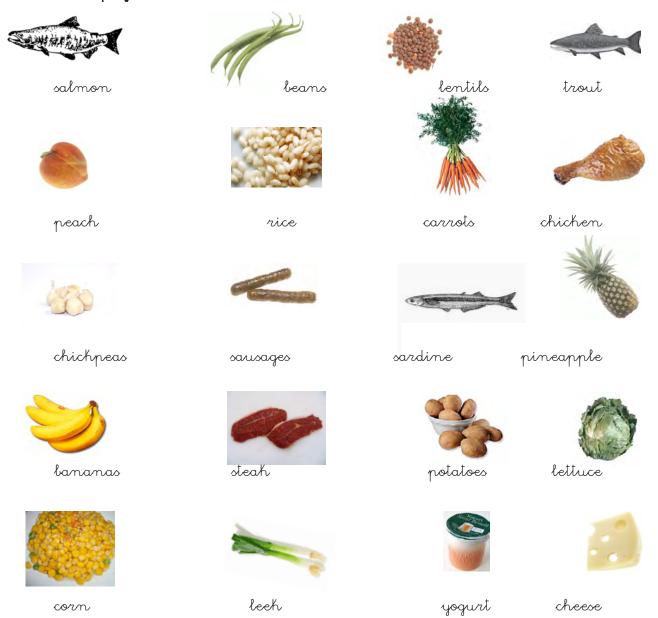
4. Looh at the picture and say if it is a dairy product, a vegetable, 🚋 🙀 a fruit, meat, fish, beans or cereal.







5 Look at the foods below. Organize them into groups. Use the chart 👰 🧝 to help you.



Dairy products	Fish	Meat	Vegetables

Fruit	Cereals	Beans

Foods that we need.



To grow healthy and strong we have to eat different things. For example, everyday we should drinh a lot of water and eat different types of foods.

We need fish, meat, dairy products and eggs to grow.

Fruits and vegetables help us to stay healthy.

Beans and cereals give us energy.





6. Listen and write. What do they eat everyday? 🦉 💇 📣



Frank likes Frank doesn't like Frank Christine
Betty Patrich
7. Write these sentences in order. 🙀 🎾 energy. /and /give us / Beans / cereals
and / healthy. /vegetables / Fruits / to / help us / stay
grow. / We / fish / need / meat / and / to





There are 7 different types of food: dairy products, vegetables, fruit, meat, fish, beans and cereals. Fish, meat, dairy products and eggs help us to grow. Fruits and vegetables are very important to grow healthy.

Origins of food.

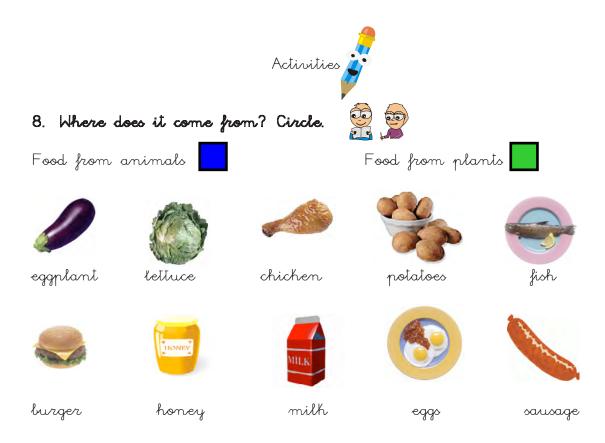
Where does food come from? Food comes from plants or animals.



ANIMALS

PLANTS





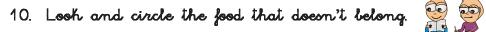
9. Read and write true T or false F.

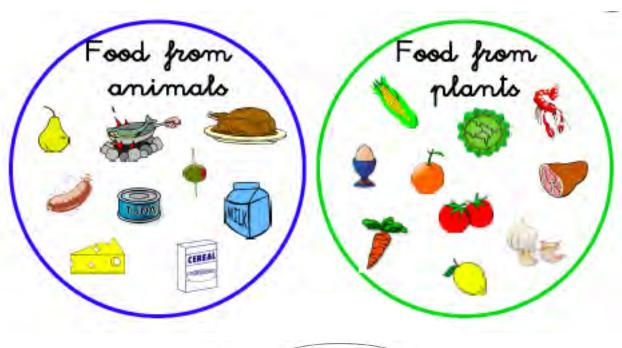


We need food to get energy.
Bananas and apples come from animals.
Fruits and vegetables help us to grow.
Honey comes from animals.
Rice is a cereal.
Lettuce and eggplant are fruits
Chichen and sausages come from animals.
Yogurt is a dairy product.
Beans and cereals give us energy.
Lentils and chichpeas are beans.
Apples and oranges are fruits









Remember!!

Food comes from animals or plants.

Processed food and fresh food.

Fresh foods are foods that you don't change before you eat them. They're the same as they are in nature. Eggs, oranges, lettuce... are examples of fresh food.

Processed foods are foods that you change before you eat them. Mayonnaise and oil are processed foods.





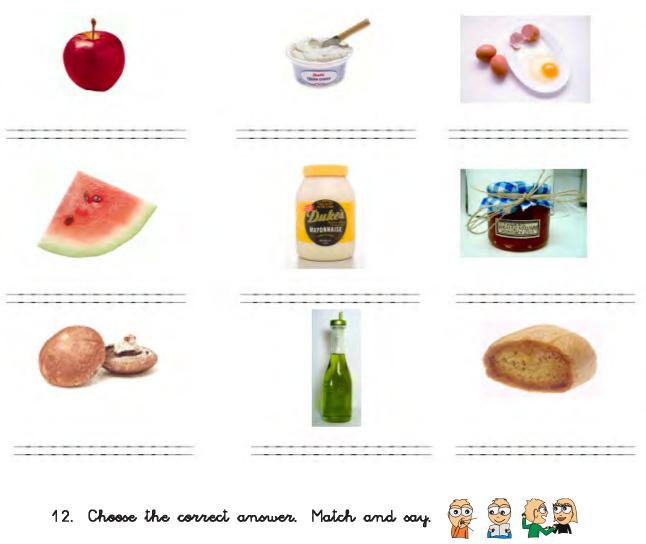


Material AICLE. 1º de Primaria: I like food



11. Look and label. Are the foods fresh or processed?

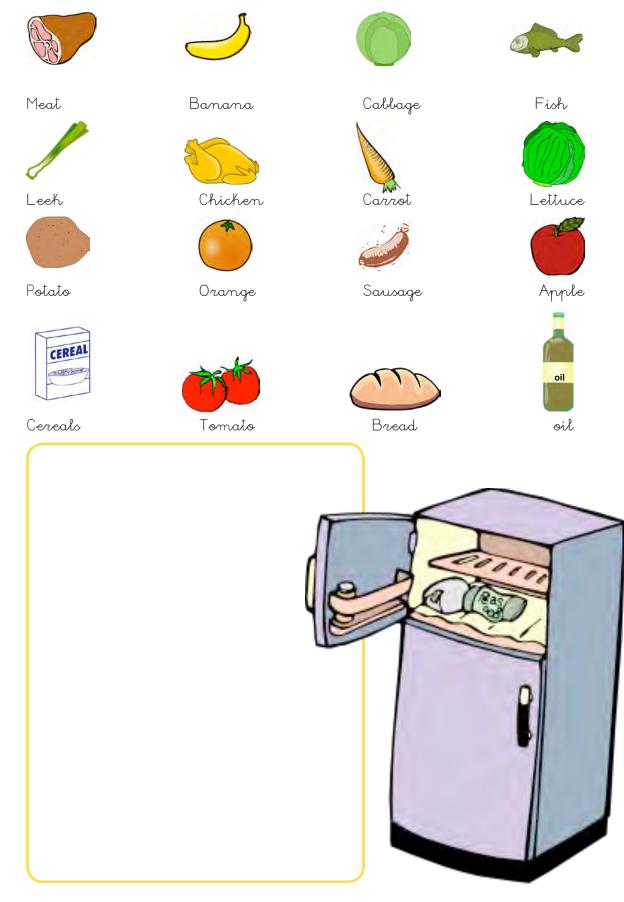




Are eggs fresh food?
Are tomatoes processed food?
(b bread processed food?)
Is oil fresh food?

No, they aren't.
(Yes, they are.
No, it isn't.
(Yes, it is.





13. Circle the foods that we have to heep in the fridge. Write their names.



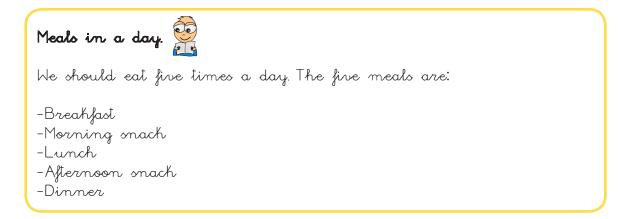


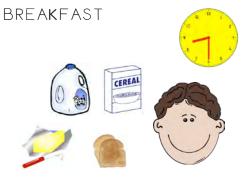
Eggs, orange and lettuce are fresh foods. Mayonnaise and oil are processed foods.

14. Listen and complete.



. The food that we don't change is ______ food. . The food that we change is processed ______. Food comes from ______ and _____ We need food to get energy and ______ Fruits and vegetables help us to stay ______.



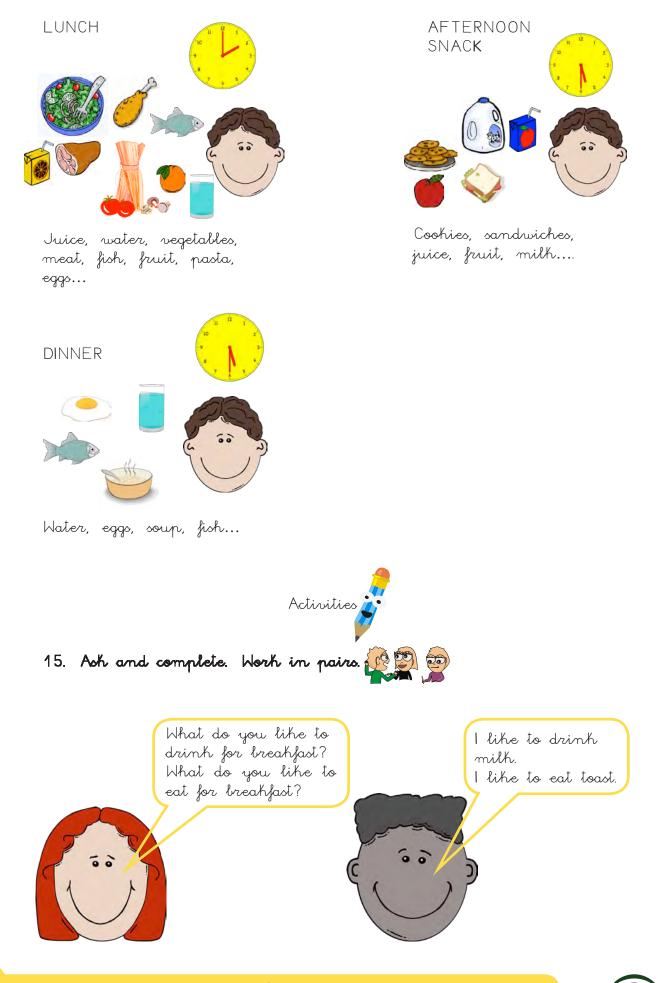






Fruit, sandwiches, cahes...





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Material AICLE. 1º de Primaria: I like food

	ME	MY CLASSMATE
Drinh for breahfast		
Eat for breahfast		
Drinh for lunch		
Eat for lunch		
Drinh for dinner		
Eat for dinner		

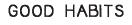
16. Complete the sentences.

- .For breahfast I eat _____
- . For lunch I eat _____
- . For dinner I eat_



We should eat five meals a day: breahfast, morning snach, lunch, afternoon snach and dinner.





Wash your hands before meals and brush your teeth after meals.

REMEMBER!!









Wash your hands



Brush your teeth







Eat your food

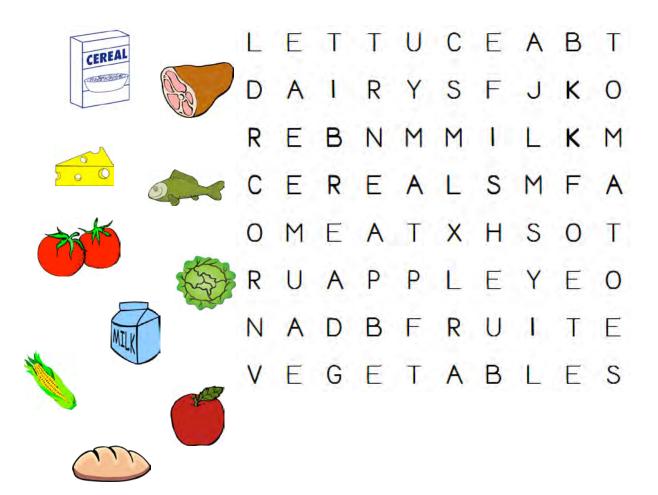


Material AICLE. 1º de Primaria: I like food

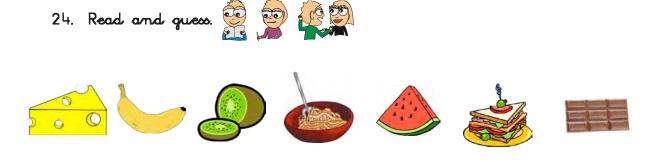


- Breahfast is the first meal of the day
- Vegetables are bad for your body.
- You should wash your hands before eating.
- Lettuce is a vegetable.
- You have to eat three times a day.
- Fruits and vegetables help us to stay healthy.
- Chichen comes from an animal.
- Fruits and vegetables come from plants.

23. Wordsearch. Find these types of food.







I'm delicious. I have bread, vegetables, meat and cheese. I'm a_____ Everyone lihes me. I'm sweet. I can be blach or milh. I'm _____

l'm yellow. I have holes. I'm made from milh. I'm______

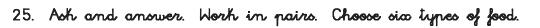
I'm a fruit. I'm brown outside and green inside. I'm a_____

> I'm long. I'm yellow. I'm a fruit. I'm a_____

I'm a fruit. I have green shin, but I'm red on the inside. I'm

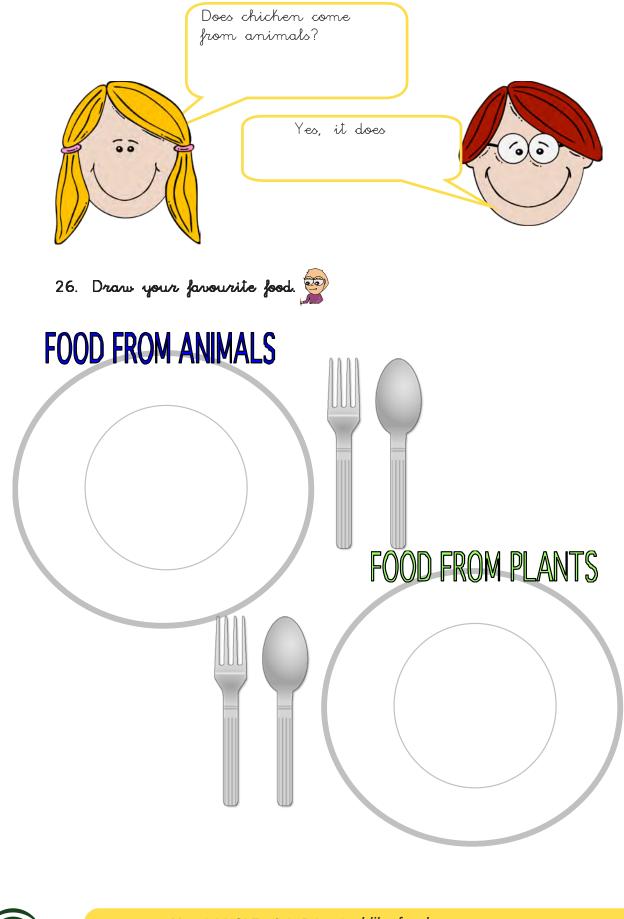
I'm long. You boil me. Eat me with tomato, please. I'm a_____





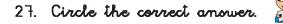


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Material AICLE. 1º de Primaria: I like food

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- 1. What is food? a Food is a game.
- b Food is what we eat.
- c Food is a type of plant.
- 2. How many types of food are there?
- a There are five types.
- b There are six types.
- c There are seven types.
- 3. What type of food is very important for staying healthy?
- a Meat and chocolate.
- b Fish and cereals.
- c Vegetables and fruit.
- 5. What do beans and cereals give us?
- a They give us proteins.
- b They give us energy.
- c They give us sugar.
- 6. Where does food come from?
- a Food comes from minerals and plants.
- b Food comes from animals and insects.
- c Food comes from animals and plants
- 7. What is the first meal of the day?
- a Lunch
- b Breahfast
- c Dinner
- 8. What type of food are eggs?
- a Fresh food.
- b Processed food
- c Plant food.
- 9. What meal do you have before going to bed?
- a Afternoon snach.
- b Lunch.
- c Dinner.
- 10. What do you do after eating?
- a Wash your hands.
- b Brush your teeth.
- c Go to bed.

TTTT





BREAKFAST

CEREAL

DINNER

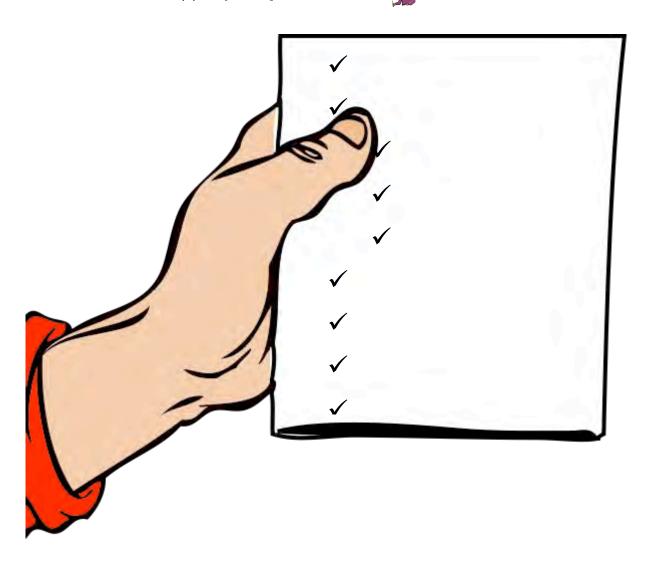




I went Shopping and I bought oranges, potatoes, fish...

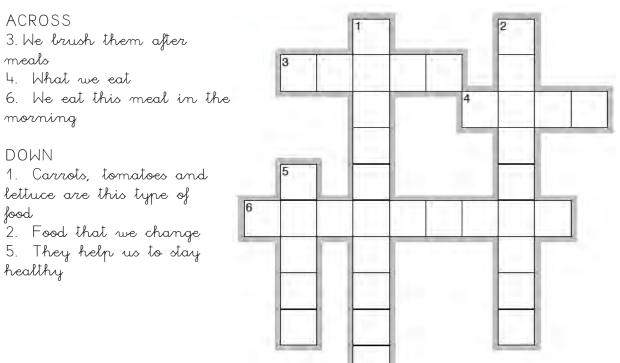
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29. Mahe a shopping list for next week.

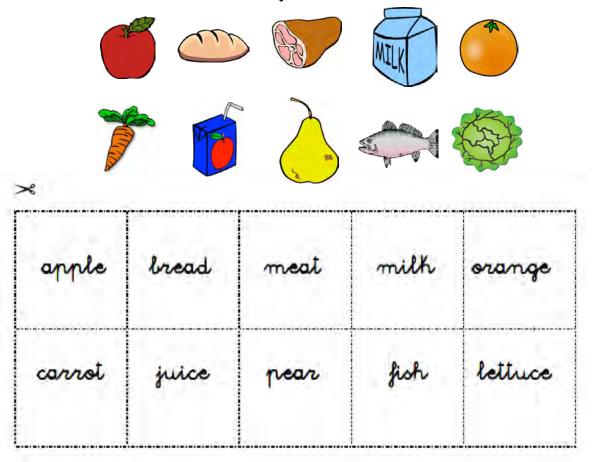








31. Play Bingo!! Cut out three words and stich them on the picture.



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