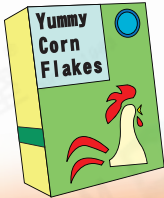



Ingredients:
corn, wheat, sugar, salt...

	Per 100 g
Sugar	4.2 g
Fat	0.8 g
Salt	500 mg
Vitamin B6	4 mg
Vitamin C	24 mg



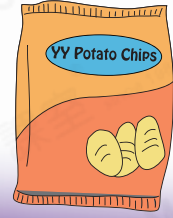


Ingredients:
low fat milk, sugar, cream...

	Per 100 g
Sugar	6.9 g
Fat	1.5 g
Salt	200 mg
Vitamin B6	0.1 mg
Vitamin C	2 mg

Ingredients:
potatoes, vegetable oil, salt...

	Per 100 g
Sugar	2.8 g
Fat	32.4 g
Salt	750 mg
Vitamin B6	0.6 mg
Vitamin C	25.9 mg

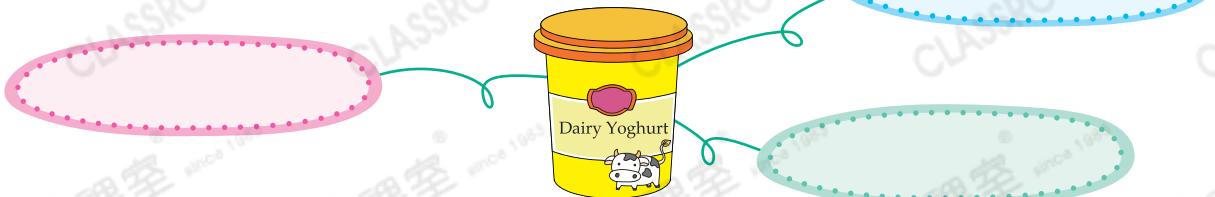


Write the correct letters in the boxes for Question 1 and 2.

1. How many kinds of ingredients is Yummy Corn Flakes made of?
 - A. two
 - B. three
 - C. four
 - D. more than four
2. Which product has the most Vitamin C?
 - A. Yummy Corn Flakes
 - B. Dairy Yoghurt
 - C. YY Potato Chips
 - D. the same for all

Write the answers in the bubbles.

3. What are the three ingredients of Dairy Yoghurt?





Pasta House

The best Italian food in Tsim Sha Tsui!

Chef's Picks

NOW OPEN daily
from noon to 11 pm!

Starter: Bite-sized Pizzas

These mini pizzas are crunchy outside and soft inside. From meat to spices, you can choose your favourite toppings!



Main course: Baked Lasagne

Our lasagne is made with layers of pasta and three kinds of cheese. The dish is sweet and sour with rich tomato sauce. Small dice of potatoes are specially added.

Dessert: Tiramisu

Our tiramisu is made in a traditional way. It is cheesy and creamy. Your taste buds will experience an amazing mixture of sweet and bitter flavours. Dessert or coffee lovers can't miss it!



Write the correct letters in the boxes for Question 1 and 2.

- Ann wants something spicy. She should order _____.
A. Bite-sized Pizzas
B. Baked Lasagne
C. Tiramisu
D. none of the above
- Which of the following is NOT true about Pasta House?
A. It sells desserts.
B. Bite-sized Pizzas is a main dish.
C. It is an Italian restaurant.
D. It opens every day.

Circle the correct picture(s).

- What are the ingredients of Baked Lasagne?



Fill in the blanks with the words from the text.



- Tiramisu tastes cheesy, _____, sweet and _____.

Tips on a Healthy Diet

Read the following dos and don'ts. You'll know how to eat and drink smart in every meal.

Dos

- Have a large amount of grain products, for example, rice and noodles, to get enough energy.
- Eat a lot of vegetables and fruit to get fibre and different kinds of vitamins.
- Eat a fair amount of meat such as pork and fish.
- Have some dairy products such as milk and cheese to make our teeth and bones strong.
- Drink six to eight glasses of water every day.

Don'ts

- Do not eat too much fried or salty food such as French fries and fried chicken.
- Do not have too much sugary food. Sweets are bad for our teeth and make us fat.

Write the correct letters in the boxes for Question 1 and 2.

- | | | | |
|--|--------------------------|--|--------------------------|
| <p>1. This leaflet aims to tell _____?</p> <p>A. what we should drink</p> <p>B. what an unhealthy diet is</p> <p>C. how to cook</p> <p>D. how to eat healthily</p> | <input type="checkbox"/> | <p>2. Which health problem is mentioned in the text?</p> <p>A. bad teeth</p> <p>B. not enough sleep</p> <p>C. losing hair</p> <p>D. getting thin</p> | <input type="checkbox"/> |
|--|--------------------------|--|--------------------------|

Match the food with the correct descriptions.

- | | |
|------------|--------------------------|
| 3. fruit ● | ● gives us energy |
| 4. milk ● | ● makes our bones strong |
| 5. rice ● | ● contains fibre |

Fill in the blanks with the words from the text.

6. To have a healthy diet, we should avoid _____, _____ and _____ food.



Date:

From:	janetwong@kkmail.com
To:	evapoon@kkmail.com
Date:	20 th March, 20XX
Subject:	Healthy lunchbox

Hi Eva,

How are you? You asked me how to have a healthy diet two days ago. I think the easiest way is to bring your own lunchbox to school.

In a healthy lunchbox, there should be lots of vegetables and high-fibre food. Their rich vitamins keep us healthy. Grain products are our key energy source, so I often make a whole grain sandwich with lettuce for lunch. You can also add a slice of ham to the sandwich. It is rich in protein and can help our body grow. If you think this isn't enough, drink a glass of milk or have some fruit. Remember not to put food which is too salty, oily or sugary into your lunchbox. Having too much of it harms our health.

I can share more tips on a healthy diet with you next time.

Love,
Janet

Write the correct letters in the boxes for Question 1 and 2.

- | | | | |
|--|--------------------------|---|--------------------------|
| <p>1. When did Eva send Janet an e-mail?</p> <p>A. on 17th March</p> <p>B. on 18th March</p> <p>C. on 19th March</p> <p>D. on 20th March</p> | <input type="checkbox"/> | <p>2. What should Eva do if her lunchbox is not enough for her?</p> <p>A. add more cheese</p> <p>B. add more meat</p> <p>C. drink some milk</p> <p>D. eat some snacks</p> | <input type="checkbox"/> |
|--|--------------------------|---|--------------------------|

Answer Question 3 in short.

3. What kind of vegetables does Janet use to make a healthy sandwich?
- _____

Answer Question 4 in a complete sentence.

4. Why is ham good for our body?
- _____

From:	henry1006@crmail.com.hk
To:	danlee@crmail.com.hk
Date:	13 th August, 20XX
Subject:	Great restaurant

Hi Dan,

We haven't met each other for quite a long time. Shall we eat out this Saturday evening? We can go to a restaurant called Dining Room in Kowloon City. I'm sure you'll like it because you're a great fan of Thai food!

I went there with my family last week and the dishes were wonderful. The *tom yum* soup was a good starter. It smelled great and tasted a little hot and spicy. I found it a little milky as well because of the coconut milk. The shrimp spring rolls were golden and crispy. The shrimps inside were fresh and juicy. However, my favourite dish was stir-fried Thai rice noodles with beef. The beef was tender and the noodles were tasty. I also ordered a drink called Passion. It was fruity. I really look forward to trying all these again with you!

Let me know if you are free.

Cheers,
Henry

Write the correct letters in the boxes for Question 1 and 2.

- What food did Henry NOT taste?
 - stir-fried rice noodles
 - beef curry
 - shrimp spring rolls
 - tom yum* soup
- Which of the following is true about the stir-fried noodles?
 - The noodles tasted bad.
 - The beef was soft.
 - The shrimps were juicy.
 - The sauce was spicy.

Answer Question 3 in a complete sentence.

- Where is Dining Room?

Circle the correct answers.



- Which adjectives describe the taste of *tom yum* soup?

 spicy

 hot

 crispy

 milky



Bank of Vocabulary



Think Smart

Food and Drinks

Taste

salty, fruity

Texture

crispy, thick



Word Fun

A. Match the paper strips to form correct adjectives.

- | | | |
|----|------|-----|
| 1. | sug | ter |
| 2. | gold | cy |
| 3. | jui | ary |
| 4. | bit | en |

Food and Drinks

B. Put the words from Word Box on the correct menus.

Blueberry Cheesecake

- _____
- _____
- _____

Seafood Curry

- _____
- _____
- _____

WORD BOX

hot
cheesy
sweet
spicy
salty
fruity



Write Smart

C. Fill in the blanks with the words from Word Box.

Yesterday Mum cooked a great meal for us. The fried pork chop was so 1. _____ that I made a sharp sound when I ate it. The prawns with chilli were 2. _____ and smelled really good. I like the chicken in soy sauce too. I don't quite like 3. _____ food, but the chicken was really tasty.

WORD BOX

spicy
crunchy
salty



Visit our Online World for more vocabulary.

