

Ketchup

Ketchup may be your favourite sauce on French fries. Do you know where it comes from? We often see ketchup in Western restaurants. However, the sauce actually comes from China!



Processed Meat

Bacon, ham and sausages are examples of processed meat. It has lots of salt and sugar so people think it is yummy. But we may get fat easily if we eat too much of it.

A Write 'T' (true) or 'F' (false) for each sentence.

1. People often eat ketchup with Western food.

2. Carrots contain a lot of vitamin A.

3. Eating too many carrots makes your skin turn red.

4. Bacon and sausages are yummy but unhealthy.



Carrots

Carrots are very good for your health. They do not contain any fat and they are rich in vitamin A. Vitamin A is good for our eyes because it prevents night blindness. However, eating too many carrots can turn your skin yellow.

B Match the pictures with the words. Rearrange the letters to form the correct words.



Fhenre srifie

tarsuraetn

1

3

gausesas

steraor

2

4