Look at the pictures. Can you say the words?

1. potatoes
2. bread
3. coffee
4. fish
5. potatoes
6. bread
7. coffee
8. apples

Look at the words. Write the number.

a. potatoes
b. bread
c. coffee
d. fish
e. apples
f. rice
g. tea
h. tomatoes

Write the words again. Look, say, cover, write, check.

1. tea
2. coffee
3. bread
4. rice
5. fish
6. potatoes
7. tomatoes
8. apples

Write about you.

Look!
I like tea.
I don’t like apples.
Look at the pictures.  
How many words do you know? Tell your partner.

1. Carrots  
2. Grapes  
3. Potatoes  
4. Tomatoes  
5. Peppers  
6. Peas  
7. Apples  
8. Pears  
9. Oranges  
10. Peaches  
11. Strawberries  
12. Bananas

Now check in the Longman Photo Dictionary. Write the words.

1. ....................................................
2. ....................................................
3. ....................................................
4. ....................................................
5. ....................................................
6. ....................................................
7. ....................................................
8. ....................................................
9. ....................................................
10. .................................................. 
11. ..................................................
12. ..................................................

What fruit and vegetables do you like? Tell your partner.

I like carrots.  
I don’t like apples.

Look!

one potato – two potatoes  
one tomato – two tomatoes  
one peach – two peaches  
one strawberry – two strawberries

I like apples.  
I don’t like bananas.  
I like apples and oranges.  
I like apples, oranges and pears.

Write some sentences about what you like and don’t like. Choose other words from the Longman Photo Dictionary if you want.

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What fruit and vegetables do you like? Tell your partner.

I like carrots.  
I don’t like apples.
At the supermarket

Ask your partner: How often do you go to the supermarket? What do you buy every week?

Look at the pictures. What do you buy? Tell your partner.

Check in the Longman Photo Dictionary. Write the words.

1 .....................................................  5 .....................................................  9 .....................................................
2 .....................................................  6 ..................................................... 10 .....................................................
3 .....................................................  7 ..................................................... 11 .....................................................
4 .....................................................  8 ..................................................... 12 .....................................................

Look!
I buy milk every week.
I usually buy tea.
I sometimes buy coffee.
I never buy beer.

Now write some sentences about what you buy and don’t buy.
Healthy eating
Which foods do you like? Tell your partner.
Which foods are healthy? Write the words in two lists.

<table>
<thead>
<tr>
<th>Healthy</th>
<th>Not healthy</th>
</tr>
</thead>
<tbody>
<tr>
<td>carrots</td>
<td>..................</td>
</tr>
<tr>
<td>tomatoes</td>
<td>..................</td>
</tr>
<tr>
<td>hamburgers</td>
<td>..................</td>
</tr>
<tr>
<td>sausages</td>
<td>..................</td>
</tr>
<tr>
<td>oranges</td>
<td>..................</td>
</tr>
<tr>
<td>chips</td>
<td>..................</td>
</tr>
<tr>
<td>chocolate</td>
<td>..................</td>
</tr>
<tr>
<td>apples</td>
<td>..................</td>
</tr>
<tr>
<td>orange juice</td>
<td>..................</td>
</tr>
<tr>
<td>cakes</td>
<td>..................</td>
</tr>
</tbody>
</table>

Read the sentences. Tick (✓) or cross (✗) for you. Then ask your partner. Tick (✓) or cross (✗) for your partner.

Is it healthy? Tick (✓) or cross (✗).
1 I eat fruit and vegetables five times a day. 
2 I drink coffee five times a day.
3 I eat a lot of potatoes, rice and pasta.
4 I eat cakes and chocolate every day.
5 I eat chips every day.
6 I drink one litre of water or fruit juice every day.
7 I eat a lot of bread.
8 I put a lot of butter on my bread.
9 I eat sausages and hamburgers every day.
10 I drink a lot of cola.
11 I drink a lot of alcohol.

Now read the text. Check your answers. Were you right?

HEALTHY EATING
• Eat a lot of fruit and vegetables. Eat five portions a day.
• Potatoes, rice and pasta are good for you. You can eat a lot of them.
• You can eat a lot of bread, but don’t put a lot of butter on your bread.
• Drink a lot. You can drink water or fruit juice, but don’t drink a lot of coffee.
• Don’t drink cola. It has a lot of sugar.
• You can drink a little alcohol but not a lot.
• Don’t eat chips, sausages and hamburgers. They make you fat.
• Don’t eat a lot of cakes and chocolate. They have a lot of sugar and they make you fat.