Imię i nazwisko:……………………………………………………. Semestr:………………….

1. **Write a recipe for a dish:**

A recipe for………………………………………….

Ingerients:

How to make it:

1. **Choose the correct answers to complete the sentences.**
2. Jenny only put **a few / a little** cheese on her pizza bacause she’s on a diet.
3. We need **much/a lot of** tomatoes to make our delicious veggie sauce.
4. **How much/how many** pineapples did Dad ask us to buy?
5. I always eat **a little/a few** portions of fish every week.
6. Doctors are worried that **too much/too many** people eat unhealthy food.
7. There isn’t **a lot of/many** rice on Thomas’ plate.
8. I’m disappointed that this sandwich hasn’t got **a/much** ham in it.
9. **How much/how many** flour is there in the cupboard?
10. **Complete the sentences with the words and phrases below.**

A healthy lifestyle broccoli have a lot of energy medium – sized smoothie

Pineapple veggie burger

1. Mum made a delicius vegetable soup with potatoes and Purple and green ……………………………
2. We ……………………………………………… because we eat healthy food and do lots of exercise.
3. When Alice makes a ……………………………. , she uses a variety of fruit.
4. My favourite pizza isn’t unhealthy. It has ………………………….. and tomatoes on it.
5. Dad doesn’t eat heavy meals because he’s on a diet. Now he eats ……………………………………. portions instead.
6. There is no meat in Jamal’s lunch. He’s having a ………………………………………… and chips.
7. We live ………………………………………………….. because we want to try and stay well.
8. **Read the sentences. Are they true (T) or false (F)?**
9. Another name for an amount of food is a portion. ….
10. When food is delicious, it doesn’t taste good. …
11. A pineapple is a large fruit which is yellow inside, ….
12. A heavy mea lis a small amount of food that doesn’t make you feel full. …
13. When a person is on a diet, thwy eat more than usual. …
14. A recipe tells you how to cook a meal. …
15. A variety of things is another name for a lot of different kinds of things. …
16. **Match 1-7 to A-G.**
17. How much …
18. Nikolai only adds …
19. There wasn’t much ….
20. Sami always has a few …
21. We made a lot of veggie burgers …
22. How many …
23. Nick went on a diet because …
24. portions of fruit and vegetables do you eat every day?
25. he ate to omany sweet things on holiday
26. broccoli in Paul’s soup
27. because 200 people came to the school barbecue.
28. spinach do you put in your smoothies?
29. biscuits with his tea in the afternnoon.
30. a little milk to his tea.