



Let's make fruit salad!



I would like to eat something sweet and yummy. But I know that sweets aren't good for me. And mummy doesn't let me eat too much chocolate, ice cream, biscuits or wafers. Now I've got an idea – let's make fruit salad!

Sometimes I watch cookery programmes on TV because I want to learn how to make food. This fruit salad is an easy recipe. I need a bowl, a spoon, some fruit, and a knife. I peel an orange and cut it to pieces. I put them in a bowl. I add some strawberries. I also peel and cut up a kiwi, and add it to the bowl. I also add a few blueberries. I add some honey and stir it very gently. I spray some cold whipped cream on top. I use a teaspoon to eat it. Yummy!



QUESTIONS:

1. Are sweets good for you?
2. What do you need to make fruit salad?
3. What fruit is the girl using?
4. What kitchen tools does she need?
5. What goes on top?
6. Do you like fruits? Which ones?
7. What sweets do you eat and how much?



(to) add - hozzáadni

blueberry - áfonya

bowl - tál

(to) cut to pieces - darabokra vágni

easy recipe - könnyű recept

honey - méz

I want to... - ... akarok

I would like to... - Szeretnék...

idea - ötlet

knife - kés

Let's make... - Csináljunk...

(to) peel - meghámozni

(to) put - tenni

she doesn't let me - nem hagyja, nem engedi

spoon - kanál

(to) spray - fújni, permetezni

(to) stir it gently - finoman keverni

sweets - édesség

teaspoon - teáskanál

wafers - ostya

whipped cream - tejszínhab

yummy - finom





TASKS

1. In the crossword you will find the name of a very famous young British chef. Check him out on YouTube.

A rejtvényben egy fiatal és nagyon híres brit séf nevét találod. Keress rá a YouTube-on.

strawberry ____ - you put it on your bread and butter

a bunch of ____ - autumn fruit

white drink produced by cows

a small green furry fruit from New Zealand

fruits taste ____ and sour

you need it when you want to eat soup

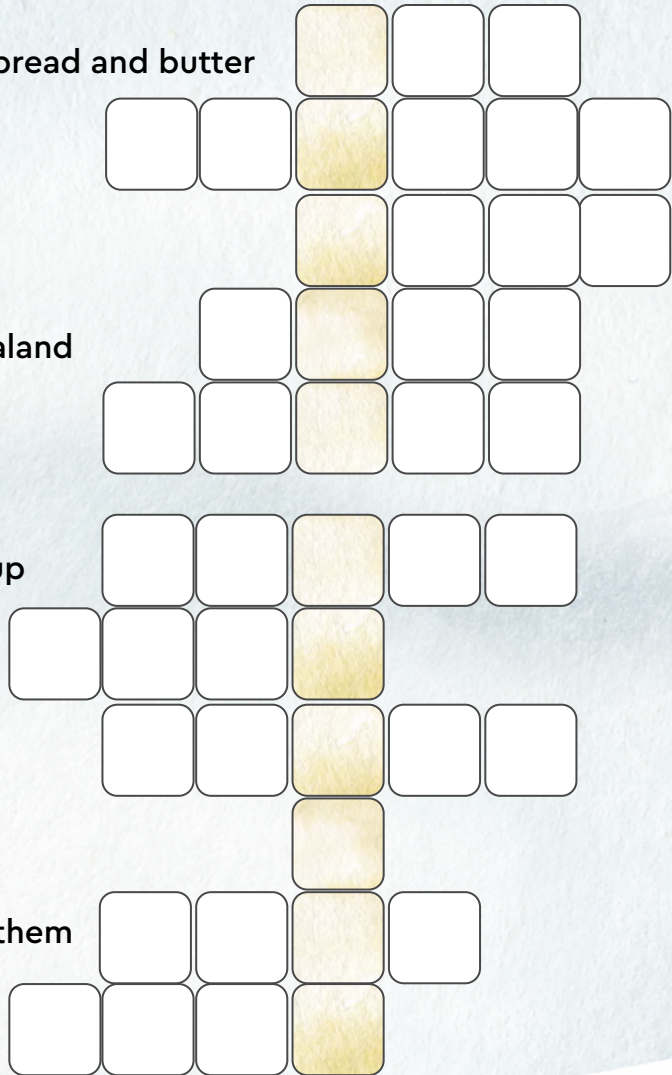
you put the fruit salad in it

you use it for cutting

the letter between U and W

to take the skin of fruits off - to ____ them

to mix it with a spoon - to ____ it



2. Colour the correct name of each kitchen utensil.

Színezd ki a konyhai tartozékok helyes megnevezését.



fork

plate

plate

knife

peeler

cup

spoon

pot

bowl

spoon

knife

bowl

plate

bowl

cup

fork

teaspoon

pot



Staying healthy



If we want to stay healthy, we must have good habits. We must wash our hands before eating, or after using the toilet. Having clean hands is very important. And we must wash the fruits that we want to eat. Use a tissue if you have a runny nose, or if you sneeze.

We shouldn't eat too many sweets, red meat, or fatty foods. We shouldn't eat at MacDonald's too often. We should eat brown bread or rolls, lots of fruit and vegetables, salads, and dairy products – milk, butter, yoghurt, and cheese.

Exercise and fresh air are also very important! Spend a few minutes outdoors every day and do exercise – go to the gym, run, swim, dance, or play ball games. Remember that doing sports is fun!

And one final thing – don't worry and don't be sad. A happy soul keeps your body healthy as well.



QUESTIONS:

1. When should we wash our hands?
2. When should we use tissues?
3. What should or shouldn't we eat?
4. What else is important?
5. What sports or activities do you do?
6. Talk about your good and bad habits.



a happy soul - boldog lélek

butter - vaj

dairy products - tejtermékek

don't worry - ne aggódj

(to) exercise - edzeni

fatty foods - zsíros ételek

fresh air - tiszta levegő

(to) go to the gym -

edzőterembe menni

good habits - jó szokások

one final thing - egy utolsó dolog

outdoors - kint, a szabadban

red meat - vörös hús

remember - ne feledd

rolls - kifli

runny nose - folyós orr

(to) sneeze - tüsszenteni

(to) spend - tölteni

(to) stay healthy -

egészségesnek maradni

sweets - édességek

tissue - papírzsebkendő

very important - nagyon fontos

we shouldn't eat - nem kellene ennünk



TASKS

1. Write the following expressions into the correct column.
Írd a következő kifejezéseket a megfelelő oszlopba.

being lazy, brown bread, too many sweets, lots of vegetables, washing hands, doing sports, watching too much TV, swimming, fast food restaurants, going to the gym, too much meat, worrying, fat food, being sad, going to bed early

HEALTHY

UNHEALTHY

2. Complete the sentences with modal verbs **must**, **should**, **shouldn't**.
Egészítsd ki a mondatokat a must, should, shouldn't segítségével.

You _____ do exercise in the fresh air.

You _____ eat too much red meat or fatty foods.

We _____ worry too much.

If we want to stay healthy, we _____ have good habits.

You _____ wash your hands regularly.

You _____ use a tissue if you sneeze.

We _____ only eat healthy food.

You _____ sleep at night, not in the morning.

When sick, you _____ stay at home. Don't go to school.



At the dentist's

Nancy is afraid of the dentist. She doesn't like visiting her at all. But we all must go to the dentist for a regular check-up.

The dentist checks our teeth and shows us how to brush them properly. She also tells us what's bad for our teeth – sweets, cakes, chocolate, or lollipops. Fruit, vegetables, and milk products are good for us.

When we have a bad tooth, the dentist drills and fills it. It's a little painful. But when a tooth is so bad she needs to pull it out, it really hurts. Nancy cries when her tooth is pulled out. But today she isn't crying – all her teeth are ok. She has a nice smile.

The dentist gives her a little bag with a toothbrush and toothpaste.

"These are yours, Nancy. Use them regularly to keep your teeth healthy!"

"Thank you, doctor," says Nancy. This visit wasn't so bad...



QUESTIONS:

1. Where is Nancy today?
2. Does she like visiting the dentist?
3. What do dentists do?
4. Has Nancy got a bad tooth today?
5. What does the dentist give Nancy?
6. Are you afraid of the dentist?



a bad tooth – egy rossz fog
a nice smile – egy szép mosoly
at the dentist's – a fogorvosnál
(to) be afraid of – félni (valamitől)
(to) cry – sírni
(to) drill – fúrni
(to) fill it – betömni
(to) check – ellenőrizni
it really hurts – az nagyon fáj
lollipop – nyalóka
milk products – tejtermékek
painful – fájdalmas

properly – megfelelően
(to) pull – húzni, kihúzni
regular check-up – rendszeres ellenőrzés
(to) show – mutatni, megmutatni
(to) tell – mondani, elmondani
(to) visit – meglátogatni





TASKS

1. Complete the sentences with the appropriate verbs in the present simple tense. Be careful with the third person forms.

Egészítsd ki a mondatokat a megfelelő igék egyszerű jelen idejű alakjával. Figyelj az egyes szám harmadik személy alakjára.

use, show, not like, cry, check, be, drill and fill

Nancy _____ visiting the dentist.

The dentist _____ our teeth regularly.

The dentist _____ us how to brush our teeth.

Sweets _____ bad for our teeth.

When a tooth is bad, the dentist _____ it.

Children _____ when their teeth are pulled.

We _____ a toothbrush and toothpaste to keep our teeth clean.

2. Write a list of good and bad things for our teeth.

Írd le, mi egészséges és mi egészségtelen a fogaink számára.

Healthy Teeth

Good things

Bad things

3. Find and circle words from the text.

Keress meg és karikázd be a szavakat a szövegből.

anregularlygodentistislollipopfewsmilesstoothbrushcantoothpaste
oldcheck-upmilkproductsdopullactdrillmendhealthytocakestobrush