

Tom and Linda are in the supermarket.

Answer these questions:

Do Tom and Linda buy broccoli?

Do Tom and Linda buy onions?

Do Tom and Linda buy spinach?

Do Tom and Linda buy bananas?

Do Tom and Linda buy apples?

Do Tom and Linda buy watermelon?

Do Tom and Linda buy strawberries.

Read and correct the sentences:

Tom and Linda are in the shoe store. They are talking about vegetables.

Tom likes broccoli. Tom doesn't like string beans. They want some meat.

They buy oranges and apples.



Fantastic Food 1



English Banana.com

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Fantastic Food 2

English Banana.com

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For Reference Only

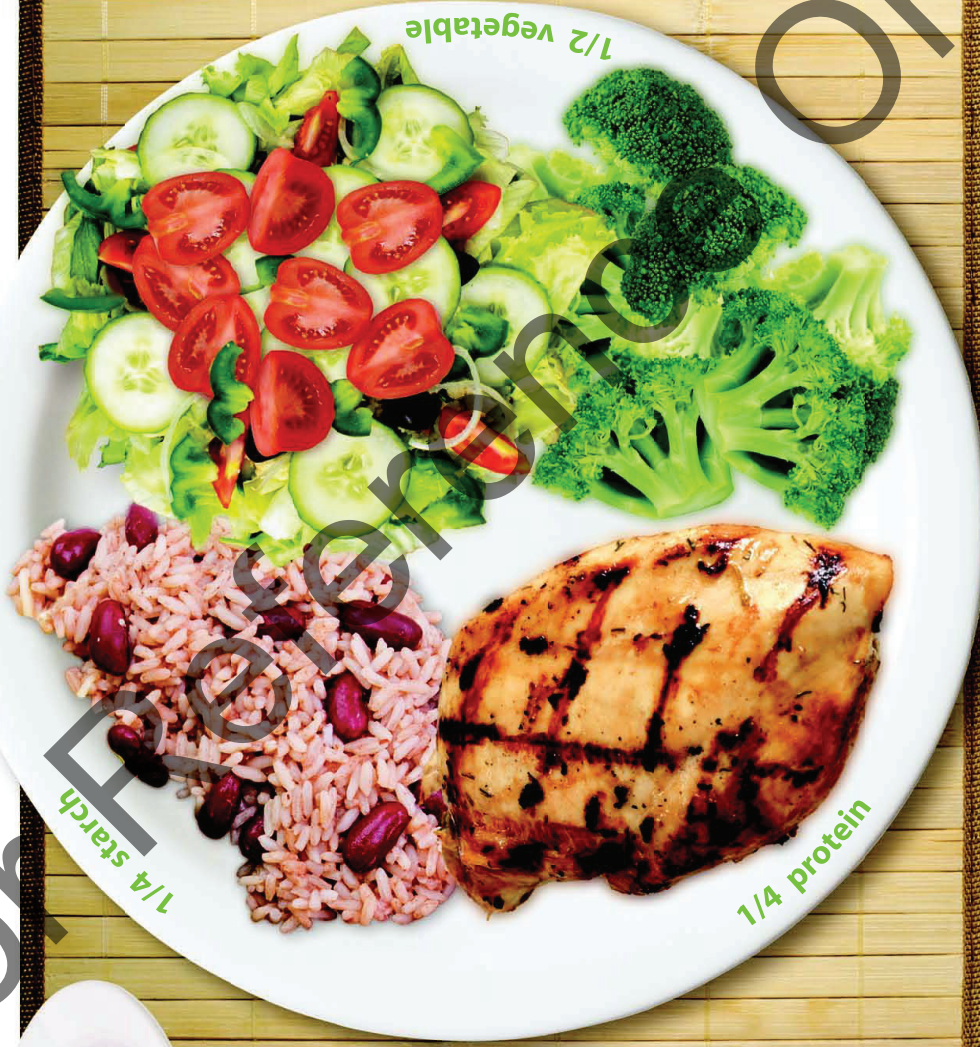
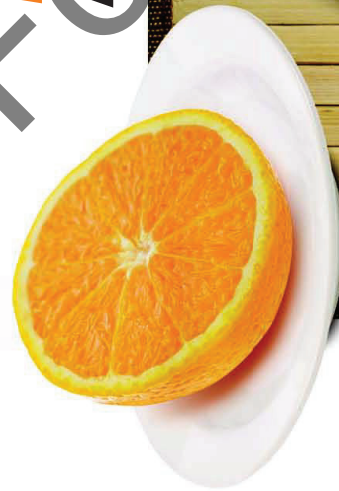
step-by-step recipe : pancakes



*Help yourself:
to measure / to crack / to
add / to pour / to whisk / to mix /
to put / to heat / to turn / to
sprinkle / to squeeze / to eat*

My Plate Planner

A Healthy Meal Tastes Great



The Plate Method is a simple way to plan meals for you and your family. You don't have to count anything or read long lists of foods. All you need is a 9-inch plate.

1/4 protein. 1/4 starch. 1/2 vegetable.
9-inch plate

Let's Plan Your Meal

Breakfast

Starch

- Oatmeal
- Bread
- Cold Cereal
- 1% Milk
- Low-fat Yogurt

Protein

- Egg
- Low-fat or natural peanut butter
- Cottage Cheese
- Banana
- Orange
- Apple

Whole grain has more fiber and more nutrients.

Low-fat proteins are better for your heart and waistline.

Add a small piece of fruit or leave empty.

Lunch/Dinner

Starch

- Corn
- Yams
- Potatoes
- Brown Rice
- Peas

Protein

- Beef
- Chicken
- Fish
- Green Beans
- Carrots
- Okra
- Broccoli
- Lettuce

Vegetables

Fill half your plate with more than one vegetable, so you won't get tired of your favorites.

Some vegetables are higher in starch (corn, peas, yams) and belong on this part of the plate.

Bake, broil, boil or steam your protein instead of frying.

Note: Only use 1/2 of your plate — 1/4 protein and 1/4 starch

Stand Out Basic Unit 3, Worksheet 7

Simple Present : Like –1

A. Read.

Simple Present	
I, you, we they	like
he, she, it	likes

B. Write. Use *like* or *likes*.

1. He likes bananas.
2. They _____ broccoli.
3. I _____ strawberries.
4. John and Katie _____ spinach.
5. You _____ rice and beans.
6. We _____ tomatoes.
7. She _____ oranges.
8. Pedro _____ string beans.

C. Write.

Fruits and vegetables I like	Fruits and vegetables my partner likes