

Read.
Прочитай.

GOOD FOOD

Eat well. Eat more fruit and vegetables. Plums, apples, pears, cherries, grapes, peaches are fruits. Potatoes, tomatoes, carrots, cucumbers, onions are vegetables. They are good food. Try to eat them every day. Drink more fruit juices. Eat cheese, yoghurts, drink milk. Do not drink too much cola and fizzy drinks. Do not eat sandwiches, chips, pizza, sweets, cakes and ice-cream every day.



Look at the picture and name the fruits and vegetables.

Назови изображенные на картинке овощи и фрукты.

Попробуй объяснить английскую поговорку:

An apple a day keeps a doctor away.