

**1. Complete the text with the correct form of the nouns (singular or plural) from the box below. Use *a/an* if necessary.**

apple    apricot    biscuit    cheese    chip    fish    fruit juice    green bean    oil    pasta    sugar

**2. Answer the questions.**

a) How many meals a day are recommended?

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b) Why is chewing food well so important?

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c) What should you do if you want your body to work properly?

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d) Which juices are recommended? Why?

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e) How much water should you drink every day?

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f) Why should you avoid fatty foods?

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g) What do you think are the advantages of a healthy diet?

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