

Name: _____

Date: _____

Just for Fun
(Unit 4)

A. Read the sentences. Write the words. Then make a new word from the letters in the numbered boxes.

1. You can have soup or salad. It's your _____.

c	1.				e
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2. Eat foods from the _____ group in moderation.

s	w	2.			s
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3. It's not a good idea to eat a lot of _____ between meals.

s	n	3.			s
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4. Some people eat five or six small _____ a day.

m			4.		s
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5. Meat and cheese are _____ foods.

f			5.		y
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6. Fried foods and sweets can be _____ in fat and sugar.

h	i		6.		
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What's the new word? _____

B. What is it? Write the word on the line.

1. The waiter gives it to you at a restaurant. You read it to order food.

It's a _____.

2. You eat them before your entrée. They are _____.

3. It's a healthy food group. Oranges and apples are in it. It's _____.

4. The waiter gives it to you after you eat. You pay it with a credit card.

It's the _____.

5. It's the amount of food that you eat in one meal. It's a _____.

6. It's a very cold dessert. It's _____.