

## My food and drink in the holidays

- ① Read and answer the questions about your food and drink in the holidays. First cross (x) the answer and then write a sentence. Use the simple past (**drink** → **drank**).

For example:

How much water did you drink in the last three days?

☐ Lots of water.

☒ Some water.

☐ No water.

I drank some water in the holidays.

drink → drank

go → went

eat → ate

spend → spent

do → did

sleep → slept

have → had



- 1 How many bottles of sugary drinks did you drink in the holidays?

☐ none

☐ less than 5 bottles

☐ more than 5 bottles.

I drank  of sugary drinks in the holidays.


- 2 How much vegetables did you eat in the holidays?

☐ lots of vegetables

☐ some vegetables

☐ no vegetables

I ate  in the holidays.

- 3 How much fruit did you eat in the holidays? 

☐ lots of fruits

☐ some fruits

☐ no fruits


I ate  in the holidays.

- 4 Did you do sports in the holidays?

☐ yes

☐ no

, I did / . . . I did not do sports in the holidays.

- 5 Did you eat junk food in the holidays? 

☐ yes

☐ no

, I  junk food in the holidays.

- 6 Did you drink milk in the holidays?

☐ yes

☐ nearly every day

☐ no

, I  milk in the holidays .



Did you answer all the questions? Then turn around the worksheet and answer the rest of the questions.

7 How much sweets did you eat in the holidays?

☐ lots of sweets

☐ some sweets

☐ no sweets

I ate \_\_\_\_\_ in the holidays.

8 Did you go out into the fresh air in the holidays?

☐ yes, every day

☐ one or two times

☐ no

\_\_\_\_\_, I \_\_\_\_\_ out into the fresh air in the holidays \_\_\_\_\_.

9 How much time did you spend in front of the TV or computer in the holidays?



☐ less than 3 hours

☐ 3 to 4 hours

☐ more than 4 hours

I spent \_\_\_\_\_ in front of the TV or computer in the holidays.

10 How many hours did you sleep every night in the holidays?

☐ more than 9 hours

☐ between 7 and 9 hours

☐ less than 7 hours

I slept \_\_\_\_\_ every night in the holidays.

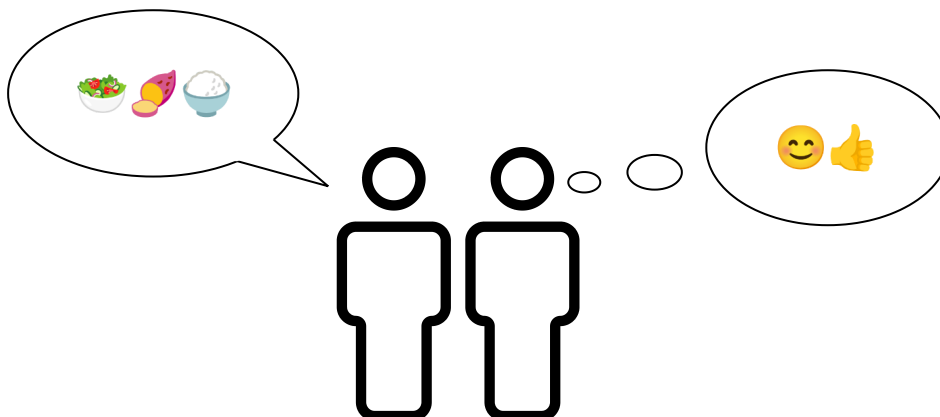
② Talk to your partner and tell him/her about your results. What does your partner think?

For example:

Partner 1: I drank some water in the last three days.

Partner 2: I think that is okay. It's healthy/unhealthy. It's not enough ...

Maybe you can drink more water in the future.  
You should drink more than 2 bottles of water.



## ③ Write a blog about your food this week.

Start like this: This week I ate and drank some healthy things.

First write about healthy food. Write sentences like this:

I	ate drank	no some a lot of	water fruit vegetables ...	this week.	I think that's	good. OK. very healthy ...
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Maybe you ate some unhealthy food. Write sentences like this:

But I	ate drank didn't eat didn't drink	too many too much not enough	water fruit vegetables ...	this week.	I think that's	unhealthy. not enough. not good. ...
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You could write about next week:

Next week I am going to	eat drink	more less	water fruit vegetable crisps junk food chocolate ...
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### My food and drink this week

This week I ate and drank some healthy things. \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

## ④ Read your partners text and give him / her feedback.

☐ Very good! 😊

☐ I think that is OK.

☐ You ate / drank very unhealthy things. 🍟

☐ I like it! 👍

☐ You ate / drank healthy things. 🍒

Name:

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27.12.2022

③ Write a blog about your food this week.

Start like this: This week I ate and drank some healthy things.

First write about healthy food. Write sentences like this:

I ate no some a lot of water fruit vegetables ... this week. I think that's good. OK. very healthy ...

Maybe you ate some unhealthy food. Write sentences like this:

But I ate drank didn't eat didn't drink too many too much not enough water fruit vegetables ... this week. I think that's unhealthy. not enough. not good. ...

You could write about next week:

Next week I am going to eat drink more less water fruit vegetable crisps junk food chocolate ...

My food and drink this week

This week I ate and drank some healthy things.

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④ Read your partners text and write him / her feedback. Use the following expressions:

Your text is	-very good	-excellent	-okay	-too long	-too short
You ate/drank	-very healthy	-unhealthy	-not enough	-too much	-good

## Tom doesn't feel good



Yesterday I went to school and didn't eat breakfast. I only drank juice at school. When I was at home I ate burger and chips for lunch. I also drank a lot of coke. But I didn't drink any water. For dessert I ate a lot of ice cream and sweets. After lunch I watched TV for 3 hours. I didn't go out into the fresh air.

In the evening I ate chips and played video games with my little brother. I forgot to do my homework during the day, so I had to do my homework at night. I went to bed at 12 o'clock. When I woke up this morning I felt very tired and bad because my stomach and head hurt.

Imagine you are the doctor. What advice would you give Tom? Why does Tom's stomach and head hurt? What could help him? What should he eat/drink?

Talk about it with your partner and fill in the gaps.

### Tom is at the doctor's

DOCTOR: Hi, how are you?

TOM: Hello, I feel very \_\_\_\_\_ and \_\_\_\_\_.

DOCTOR: Hmm ... When did you go to bed yesterday?

TOM: I went to bed at \_\_\_\_\_ o'clock.

DOCTOR: \_\_\_\_\_ o'clock is very late. Why didn't you go to bed earlier?

TOM: I \_\_\_\_\_ during the day, so I had to do them at night.

DOCTOR: Your head hurts because you had not enough sleep. That is not \_\_\_\_\_.

You should go to bed earlier. But why does your stomach hurt? What did you eat yesterday?

TOM: Yesterday I ate \_\_\_\_\_. Oh and for dessert I

ate a lot of \_\_\_\_\_.

DOCTOR: Did you have breakfast?

TOM: \_\_\_\_\_ but I drank \_\_\_\_\_ at school.

DOCTOR: Did you drink water?

TOM: \_\_\_\_\_, but I drank a lot of \_\_\_\_\_.

DOCTOR: Tom, that is not good. You should drink less \_\_\_\_\_ and

more \_\_\_\_\_. You also should have breakfast \_\_\_\_\_.

Yesterday you ate a lot of \_\_\_\_\_. You should eat more

\_\_\_\_\_ food.

## Tom doesn't feel good



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### Tom is at the doctor's

DOCTOR: Hi, how are you?

TOM: \_\_\_\_\_

DOCTOR: Hmm ... When did you go to bed yesterday?

TOM: \_\_\_\_\_

DOCTOR: \_\_\_\_ o'clock is very \_\_\_\_\_. Why didn't you go to bed earlier?

TOM: \_\_\_\_\_

DOCTOR: Your head hurts because \_\_\_\_\_. That is not

\_\_\_\_\_. You should \_\_\_\_\_. But why does your stomach hurt? What did you eat yesterday?

TOM: \_\_\_\_\_

Oh and for dessert I ate \_\_\_\_\_.

DOCTOR: Did you have breakfast?

TOM: \_\_\_\_\_ but I drank

\_\_\_\_\_ at school.

DOCTOR: Did you drink water?

TOM: \_\_\_\_\_, but I drank a lot of \_\_\_\_\_.

DOCTOR: Tom, that is \_\_\_\_\_. You should drink less \_\_\_\_\_ and

more \_\_\_\_\_. You also should have \_\_\_\_\_ every morning. Yesterday you ate a lot of

\_\_\_\_\_. You should eat more \_\_\_\_\_.