Angielski: Healthy plate – zdrowy talerz po angielsku

Zestaw 3 · klasy 2–4

Słówka jedzenia po angielsku z grupami talerza: czytanka, łączenie PL–EN, sortowanie (vegetables, grains, protein, dairy), zdania z luką i tekst „Tom's lunchbox”.

Healthy plate – słówka

Imię: _____ Data: _____ Wynik: ___ / 8

1 Read with an adult. Przeczytaj z dorosłym.

My healthy plate

Half of my plate is vegetables and fruit. I eat more vegetables than fruit. A quarter of my plate is grains: bread, rice, pasta or porridge. Another quarter is protein: eggs, fish, chicken, beans or lentils. I drink water. I eat sweets sometimes, not every day.

2 Match the English word to the Polish word. Połącz słowo angielskie z polskim (wpisz literę).

1. onion	☐	a) cebula
2. tomato	☐	b) winogrona
3. grapes	☐	c) śliwka
4. lettuce	☐	d) pomidor
5. broccoli	☐	e) brokuł
6. plum	☐	f) ryż
7. bread	☐	g) chleb
8. rice	☐	h) sałata

Sort the food

Imię: _____ Data: _____ Wynik: ___ / 17

3 Sort the food. Do której grupy pasuje? Zaznacz kółko.

food	vegetables and fruit	grains	protein	dairy
apple	○	○	○	○
onion	○	○	○	○
rice	○	○	○	○
bread	○	○	○	○
porridge	○	○	○	○
chicken	○	○	○	○
orange	○	○	○	○
lentils	○	○	○	○
milk	○	○	○	○
beans	○	○	○	○
cheese	○	○	○	○
lettuce	○	○	○	○

4 Complete the sentences. Uzupełnij zdania słowami z ramki.

sometimes · protein · water · grains · fruit

1. Half of my plate is vegetables and _____ .
2. I drink _____ with my lunch.
3. Eggs and beans are _____ .
4. Bread and rice are _____ .
5. I eat sweets _____ , not every day.

Tom's lunchbox

Imię: _____ Data: _____ Wynik: ___ / 6

5 Read the text. Przeczytaj tekst.

Tom's lunchbox

Tom is nine. Every day he takes a lunchbox to school. Today he has got a wholemeal sandwich with cheese and cucumber, an apple and a small box of carrots. He drinks water. On Fridays his dad makes pancakes with fruit. Tom eats sweets only at the weekend. His favourite vegetable is broccoli!

6 True or false? Prawda (P) czy fałsz (F)?

1. Tom's favourite vegetable is broccoli. P F
2. Tom has got an orange. P F
3. Tom has got a sandwich with cheese. P F
4. Tom drinks juice. P F
5. Tom eats sweets every day. P F
6. His dad makes pancakes on Fridays. P F

7 Write about your lunchbox. Napisz o swoim drugim śniadaniu (po angielsku).

1. In my lunchbox I have got ...
2. I drink ...
3. My favourite vegetable is ...

Klucz odpowiedzi

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2. 1–a; 2–d; 3–b; 4–h; 5–e; 6–c; 7–g; 8–f

3. apple – vegetables and fruit; onion – vegetables and fruit; rice – grains; bread – grains; porridge – grains; chicken – protein; orange – vegetables and fruit; lentils – protein; milk – dairy; beans – protein; cheese – dairy; lettuce – vegetables and fruit

4. 1) fruit 2) water 3) protein 4) grains 5) sometimes

6. 1) P 2) F 3) P 4) F 5) F 6) P