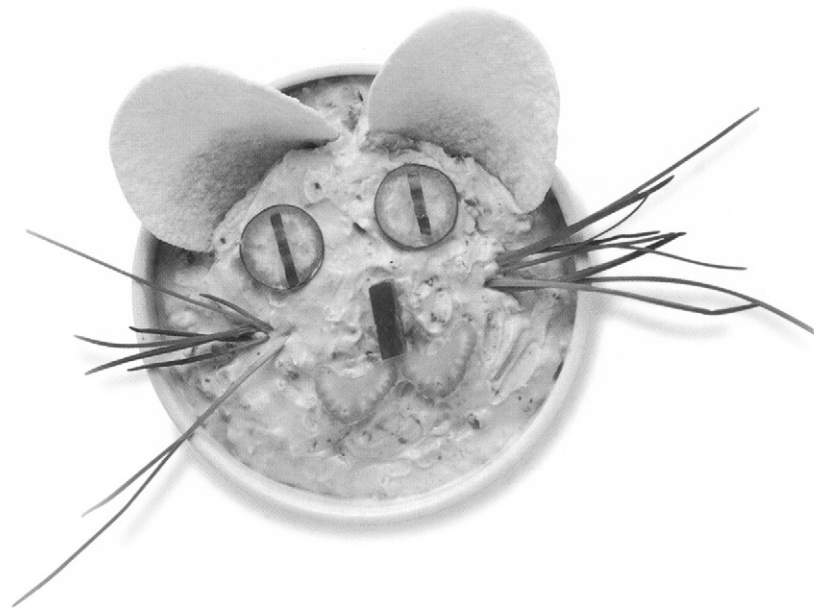




WORKBOOK

Eat Your Vegetables!





Draw a picture of vegetables you like and dislike below.

I like

I dislike



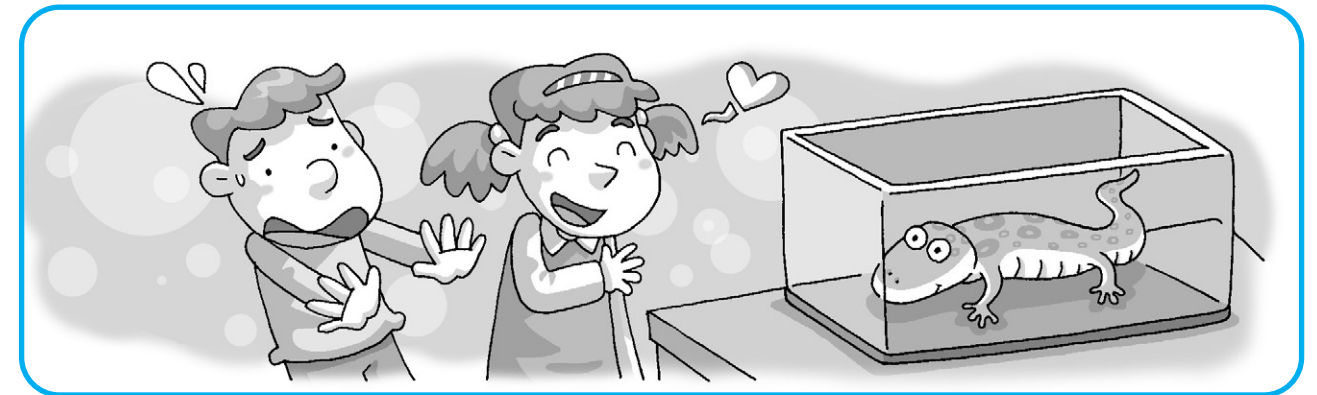
Write about your pictures.

1. Write 2 reasons why you like this vegetable.

2. Write 2 reasons why you dislike this vegetable.



Read the sentences and mark(✓) the answer.



1. A lizard is very ugly.

Fact ☐ Opinion ☒

2. A lizard is a reptile.

Fact ☒ Opinion ☐

3. A lizard eats insects.

Fact ☒ Opinion ☐



4. Eating vegetables keeps us healthy.

Fact ☒ Opinion ☐

5. Vegetables are fun to eat with other foods.

Fact ☐ Opinion ☒

6. People love to eat vegetables.

Fact ☐ Opinion ☒



Write the words from the Word Bank under each category.

[Word Bank]

blood
salsa
cabbage

yam
skin
broccoli

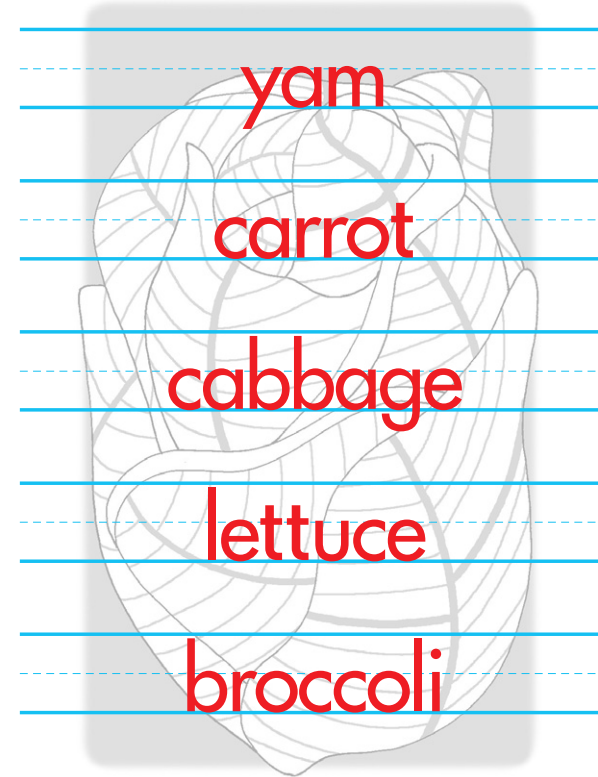
carrot
soup
sushi

hair
muscle
lettuce

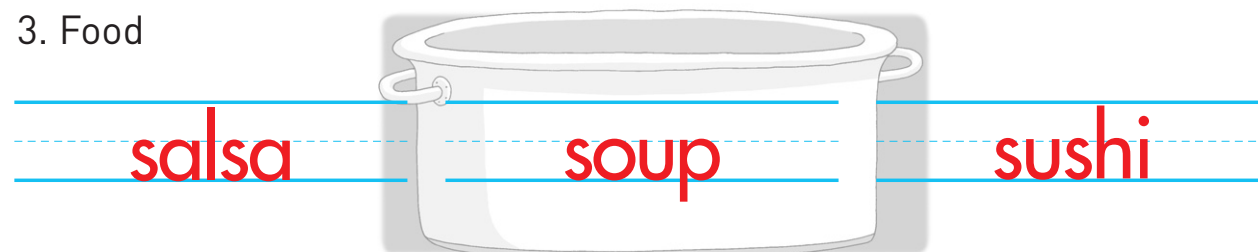
1. Body



2. Vegetables



3. Food



Look at the picture and circle the correct words that complete the sentences below.



Eat Your Vegetables

Do you love to eat vegetables?

There are many reasons to of) eat vegetables.

They are good for of) you.

There are many ways (for to) eat vegetables.

People eat many kinds (for of) vegetables.

Please eat your vegetables every day!



Read the passage and circle the answers.



People everywhere love to eat vegetables. Do you?
There are many reasons to eat vegetables. They are good for you.
Vegetables are fun!
There are many ways to eat vegetables. There are many kinds to try.

1. Which one is true about vegetables?

- ① Eating vegetables keeps us healthy.
② Only a few people like to eat vegetables.

2. Who is the person who advises people about foods they should eat?

- ① doctor ② dietitian ③ explorer

3. Which is a fact about the passage?

- ① There are many ways to eat vegetables.
② Vegetables are fun!



Write the words from the Word Bank to match the pictures.

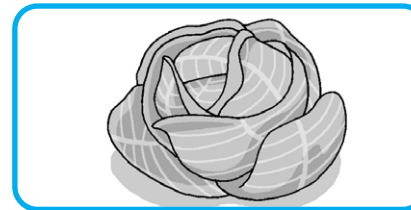
[Word Bank]

bread
cheese

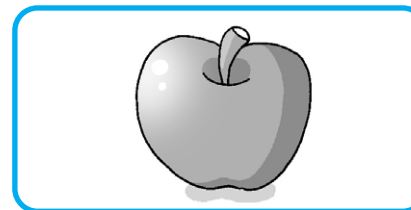
eggs
vegetables

fruits
milk

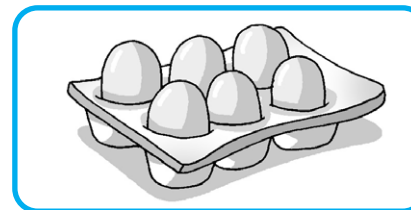
These are all the foods that keep us healthy.



vegetables



fruits



eggs

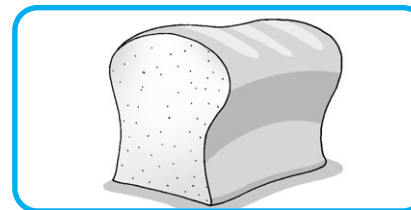
, fish, dry beans



milk

cheese

, yoghurt



bread

, cereal, rice, pasta



Write the words from the Word Bank that go with each sentence.

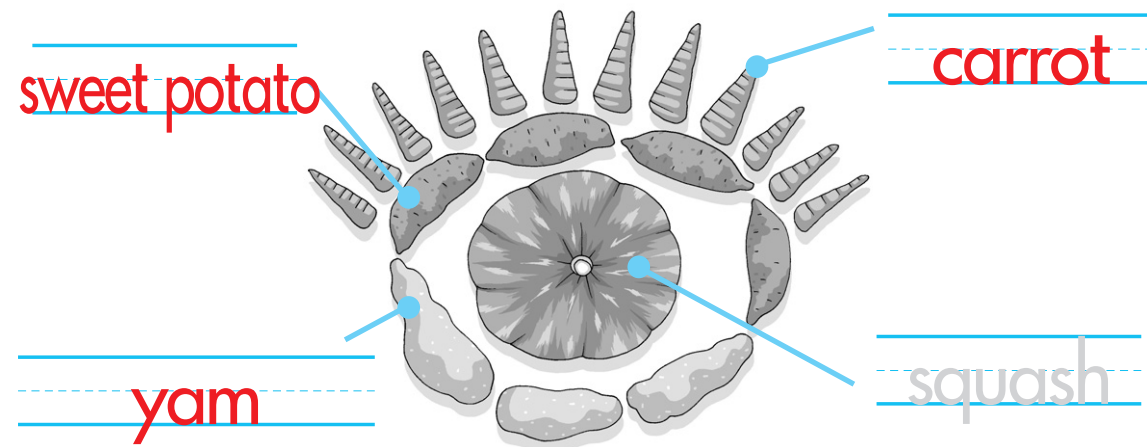
[Word Bank]

yam
carrot

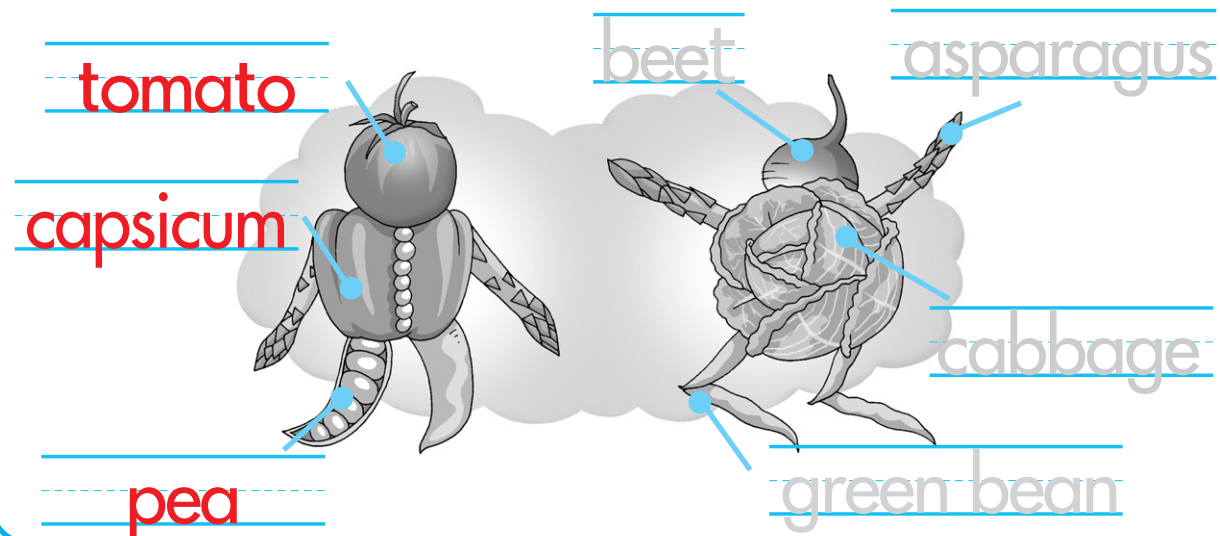
tomato
sweet potato

cabbage
pea

(1) These vegetables are good for your eyes.



(2) These vegetables are good for your whole body.



Read the paragraphs and answer the questions.

- (1) Eating vegetables keeps us healthy. Dietitians say you should eat five servings of vegetables everyday.
- (2) Vegetables are colorful. They crunch. They taste good. Vegetables are fun to eat with other foods.

1. Write the number of the paragraph tells a fact.

1

2. Write the number of the paragraph tells an opinion?

1

3. What is the main idea of paragraph 1?

- ① Vegetables are good for you.
- ② There are many kinds of vegetables.

4. What is the main idea of paragraph 2?









- ① There are many kinds of vegetables.
- ② Vegetables are fun.

5. Write one food which is fun to eat with vegetables on page 10.

cucumber boat



Look at the diagram below and make 3 sentences.

Ways to Eat Vegetables	
If You Don't Like...	Try...
tomatoes 	salsa 
	
	
	

If you don't like tomatoes, try salsa.

If you don't like potatoes, try latkes.

If you don't like onions, try French onion soup.

If you don't like carrots and capsicum, try stir-fry.



Read the sentences and mark(✓) on True or False.

1. There are many kinds of vegetables. True ☒ False ☐
2. Eating vegetables keeps us healthy. True ☒ False ☐
3. Carrots and yams are good for your eyes. True ☒ False ☐
4. In Mexico, people eat seaweed in sushi. True ☐ False ☒
5. People eat many kinds of vegetables. True ☒ False ☐



Read the sentences and mark(✓) on Fact or Opinion.

1. People everywhere love to eat vegetables. Fact ☐ Opinion ☒
2. Lettuce and broccoli help your blood and muscles. Fact ☒ Opinion ☐
3. Vegetables are fun to eat with other foods. Fact ☐ Opinion ☒
4. In Brazil, people eat cassavas just like potatoes. Fact ☒ Opinion ☐
5. Eat your vegetables one or two or three at a time. Fact ☐ Opinion ☒

 Look at the picture and circle the correct word that completes the sentence.

1.



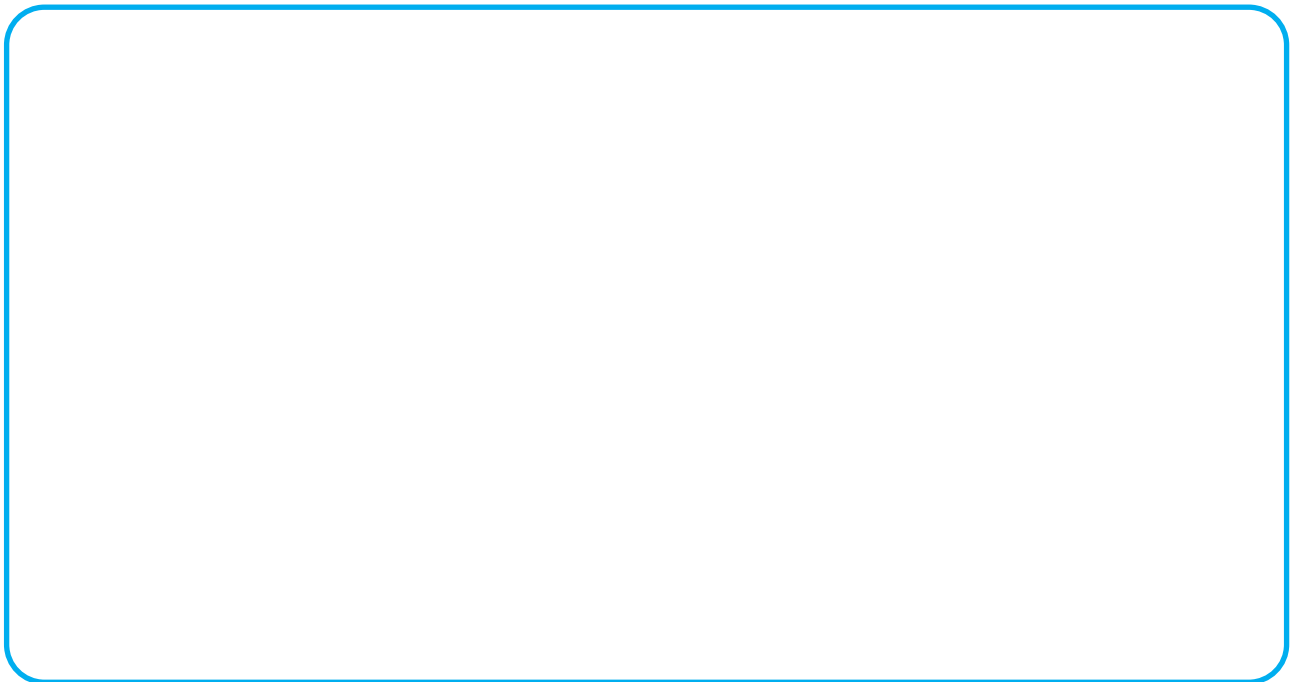
There (is are) many reasons to eat vegetables.
They (is are) good for you. Vegetables (is are) fun!


2.



There (is are) a reason to eat vegetable.
It (is are) good for you. A vegetable (is are) fun!

 Draw a picture of fruits which are fun to eat with other foods.



 Write about your picture above.

Fruits are fun!

Listening Practice



Listen to the sentence and fill in the blanks.

Track #8

1. There are many reasons to eat vegetables.
2. Eating vegetables keeps us healthy.
3. These vegetables are good for your hair and skin.
4. In Mexico, people eat cactus leaves.
5. Eat your vegetables one or two or three at a time.

MEMO

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Four Corners
WORKBOOK
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