

# Healthy food flashcards

Apples



1

www.learningvillage.net

Bananas



2

www.learningvillage.net

Oranges



3

www.learningvillage.net

Carrots



4

www.learningvillage.net

Broccoli



5

www.learningvillage.net

Beans



6

www.learningvillage.net

Rice



7

www.learningvillage.net

Seeds



8

www.learningvillage.net

Eggs



9

www.learningvillage.net

Water



10

www.learningvillage.net

Wholemeal bread



11

www.learningvillage.net

# Unhealthy food flashcards

Chips



1 [www.learningvillage.net](http://www.learningvillage.net)

Hot dogs



2 [www.learningvillage.net](http://www.learningvillage.net)

Fast food



3 [www.learningvillage.net](http://www.learningvillage.net)

Crisps



4 [www.learningvillage.net](http://www.learningvillage.net)

Sweets



5 [www.learningvillage.net](http://www.learningvillage.net)

Cakes



6 [www.learningvillage.net](http://www.learningvillage.net)

Biscuits



7 [www.learningvillage.net](http://www.learningvillage.net)

Fizzy drinks



8 [www.learningvillage.net](http://www.learningvillage.net)

# Nutrition flashcards

Protein



1 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Carbohydrate



2 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Sugar



3 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Fat



4 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Salt



5 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Vitamin C



6 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Iron



7 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

Calcium



8 \_\_\_\_\_  
[www.learningvillage.net](http://www.learningvillage.net)

# Substitution table 1



Ask your learner to choose a word from each column to make an accurate sentence. Can your learner add their own choice of food in the blank spaces at the end of the first column?

| <b>Noun</b> | <b>Verb</b> | <b>Adjective</b> | <b>Full stop</b> |
|-------------|-------------|------------------|------------------|
| Apples      | are         | healthy          | .                |
| Chips       | is          | unhealthy        |                  |
| Milk        |             |                  |                  |
| Fast food   |             |                  |                  |
| Sweets      |             |                  |                  |
| Bananas     |             |                  |                  |
| Rice        |             |                  |                  |
| Seeds       |             |                  |                  |
| Cake        |             |                  |                  |
|             |             |                  |                  |
|             |             |                  |                  |
|             |             |                  |                  |

# Substitution table 2



Use this table to help your learner find out about nutrition. Read each line from left to right to make a correct sentence.

| <b>Noun</b>  | <b>Verb</b> | <b>Pronoun</b> | <b>Explanation</b> |
|--------------|-------------|----------------|--------------------|
| Protein      | helps       | us             | grow muscles.      |
| Carbohydrate | gives       | us             | energy.            |
| Sugar        | makes       | us             | fat.               |
| Fat          | makes       | us             | fat.               |
| Iron         | gives       | us             | healthy blood.     |
| Vitamin C    | stops       | us             | getting ill.       |
| Calcium      | gives       | us             | strong bones.      |

# Substitution table 3



Use this substitution table to make sentences about the nutritional properties of different types of food. To help you out, we've provided the correct answers on the next page.

If your learner can think of more than one nutritional element found in that type of food, then use the 'and' column to expand the table.

Can your learner add their own food in the blank spaces at the end?

| Noun         | Verb     | Adjectival phrase | Noun         | Conjunction | Noun |
|--------------|----------|-------------------|--------------|-------------|------|
| Apples       | contain  | a lot of          | protein      | and         |      |
| Crisps       | contains |                   | carbohydrate |             |      |
| Oranges      |          |                   | sugar        |             |      |
| Cheese       |          |                   | fat          |             |      |
| Bananas      |          |                   | salt         |             |      |
| Chips        |          |                   | vitamin C    |             |      |
| Broccoli     |          |                   | iron         |             |      |
| Beans        |          |                   | calcium      |             |      |
| Fizzy drinks |          |                   |              |             |      |
| Rice         |          |                   |              |             |      |
| Seeds        |          |                   |              |             |      |
| Milk         |          |                   |              |             |      |
| Eggs         |          |                   |              |             |      |
|              |          |                   |              |             |      |
|              |          |                   |              |             |      |

# Answers



The answers below indicate those most likely to be correctly created by your learner.

| <b>Noun</b>  | <b>Verb</b> | <b>Adjectival phrase</b> | <b>Noun(s)</b>                             |
|--------------|-------------|--------------------------|--|
| Apples       | contain     | a lot of                 | vitamin C.                                 |
| Crisps       | contain     | a lot of                 | salt / fat.                                |
| Oranges      | contain     | a lot of                 | vitamin C.                                 |
| Cheese       | contains    | a lot of                 | calcium.                                   |
| Bananas      | contain     | a lot of                 | carbohydrates / vitamin C.                 |
| Chips        | contain     | a lot of                 | salt / fat / carbohydrate.                 |
| Broccoli     | contains    | a lot of                 | iron / vitamin C / calcium.                |
| Beans        | contain     | a lot of                 | protein / carbohydrate / iron / vitamin C. |
| Fizzy drinks | contain     | a lot of                 | sugar.                                     |
| Rice         | contains    | a lot of                 | carbohydrate.                              |
| Seeds        | contain     | a lot of                 | protein.                                   |
| Milk         | contains    | a lot of                 | calcium / protein.                         |
| Eggs         | contain     | a lot of                 | iron / protein.                            |