

STUDENT'S WORKSHEET · EVERYDAY ENGLISH

What should we eat?
The UK's healthy eating guide

LEVEL
A2 · Elementary

TIME
60 min

SKILLS
Reading · Speaking · Grammar · Vocabulary

Learning objectives

In this lesson, you can:

- understand official advice about healthy food
- use *should / shouldn't* to give advice
- use *much / many / a lot of* with food
- talk about food habits at work

Key vocabulary

portion · vegetables · dairy · protein · sugary · fibre · balance · snack · fluids · wholegrain

Materials

- this worksheet
- web page: *The Eatwell Guide* (NHS, UK National Health Service)

1 Warm up

SPEAKING

Look at the pictures. What can you see? How are they connected to the topic? Then answer the questions with your teacher.



PICTURE A · vegetables



PICTURE B · fish



PICTURE C · a glass of water



PICTURE D · lunch at work

1. What did you eat for breakfast today?
2. Where do you have lunch on a work day?
3. What is your favourite healthy food?

 · © NATeacher. Photocopiable for use in NATeacher lessons.

2 Vocabulary preparation

VOCABULARY

Part A: Match the words with the definitions.

sugary (adj) | dairy (n) | portion (n) | fluids (n) | protein foods (n) | vegetables (n)

1. _____ an amount of food for one person
2. _____ carrots, onions and broccoli are examples
3. _____ milk, cheese and yoghurt
4. _____ fish, eggs, meat and beans
5. _____ with a lot of sugar
6. _____ drinks, for example water, tea and milk

Part B: Countable (C) or uncountable (U)? Write C or U.

Example: an apple → C (one apple, two apples) · water → U (some water)

1. egg → _____
2. rice → _____
3. banana → _____
4. bread → _____
5. cheese → _____
6. biscuit → _____

3 Main input: read and learn

READING · GRAMMAR

The NHS (the UK's public health service) explains the Eatwell Guide: how much of each type of food we should eat. Read the introduction and the first paragraph of each food group.

READING

The Eatwell Guide

NHS (UK National Health Service) · official health advice · introduction + food groups (about 3 minutes) · free

https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Read the introduction and "Fruit and vegetables". Answer: Do you need the right balance in every meal? How many portions of fruit and vegetables should we eat a day?

STUDENT'S WORKSHEET

 · © NATeacher. Photocopiable for use in NATeacher lessons.

Language focus: *should / shouldn't + much / many / a lot of*

We use *should* for advice. Look at these examples from the guide.

	Advice	Quantities
+	We should eat at least 5 portions of fruit and vegetables.	a lot of + countable or uncountable: a lot of vegetables, a lot of water
–	We shouldn't eat a lot of cakes and biscuits.	much + uncountable: I don't eat much sugar.
?	Should I drink more water? – Yes, you should.	How many portions? / How much water?

Remember: *should* + verb (no *to*): "You should eat...". *Many* + countable (portions, eggs); *much* + uncountable (sugar, water).

Practice: Complete the sentences with *many, should, much* or *shouldn't*.

1. We _____ eat at least five portions of fruit and vegetables a day.
2. You _____ drink a lot of sugary drinks.
3. How _____ water should I drink?
4. How _____ portions of fish should I eat a week?
5. I don't eat _____ red meat.

4 Reading comprehension

READING

Part A: Read again. Are the sentences true (T) or false (F)? Circle.

1. You need a perfect balance in every meal. T / F
2. Frozen and tinned fruit and vegetables count. T / F
3. We should eat at least two portions of fish a week. T / F
4. We should eat more red and processed meat. T / F
5. Tea and coffee count as drinks. T / F
6. We should eat chocolate and cakes less often and in small amounts. T / F

STUDENT'S WORKSHEET

 · © NATeacher. Photocopiable for use in NATeacher lessons.

Part B: Complete the table with the advice from the guide.

Food or drink	Advice
fruit and vegetables	
fish	
fruit juice and smoothies	
drinks (fluids)	

Part C: Think and answer.

1. Name two oily fish from the guide.

2. Look at “Starchy foods”. What should we choose?

3. Write two pieces of advice for yourself. Use *I should… / I shouldn’t…*

 · © NATeacher. Photocopiable for use in NATeacher lessons.

5 Speaking practice and discussion

SPEAKING

Part A: Choose TWO cue cards. Talk about each card with your teacher for 1–2 minutes.

Cue card 1: Breakfast in my country

- Typical food
- Sweet or salty?
- At home or in a café?

Cue card 2: Lunch at work

- What time?
- Where?
- Healthy or not?

Cue card 3: Snacks

- My favourite snack
- Snacks at the office
- A healthy idea

Cue card 4: Cooking

- Do I cook?
- My best dish
- How often?

Cue card 5: Business lunches

- Restaurants for clients
- What do I order?
- Good or bad for work?

Part B: Answer the questions with your teacher. Give reasons and examples.

1. What do you usually eat on a work day? Is it healthy? Why?
2. How many portions of fruit and vegetables do you eat a day?
3. What should companies offer their employees to eat and drink? Why?
4. What food from your country is healthy? Describe it.
5. What is one change you want to make to your diet? Why?

6 Lesson takeaway and wrap-up

REVIEW

Complete the sentences. Then tell your teacher.

1. Three new words from today: _____
2. One piece of advice from the guide: _____
3. I should eat more _____ and less _____ .
4. At work this week, I should _____

Takeaway: You don't need a perfect meal every time. The NHS says: try to get the balance right over a day or even a week — and drink 6 to 8 glasses of fluids a day.

 · © NATeacher. Photocopiable for use in NATeacher lessons.

+ Optional extension / homework

WRITING

Write 50–70 words with the title "My food on a work day". Use: *I usually… / I eat a lot of… / I don't eat much… / I should…*

Alternative activity:

Plan a healthy menu for a team lunch at your company: drinks, a main dish, vegetables and a dessert. Explain your choices to your teacher in the next class.

References

NHS. (2022, November 29). *The Eatwell Guide*. https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/

Original materials: vocabulary, language examples and exercises were written for NATeacher for A2 learners.

Photos: engin akyurt, Jacopo Maiarelli, Caroline Attwood, Annie Spratt on Unsplash (unsplash.com), used under the Unsplash License.

STUDENT'S WORKSHEET

 · © NATeacher. Photocopiable for use in NATeacher lessons.