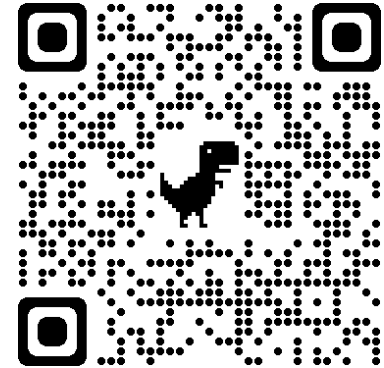


Grain Products

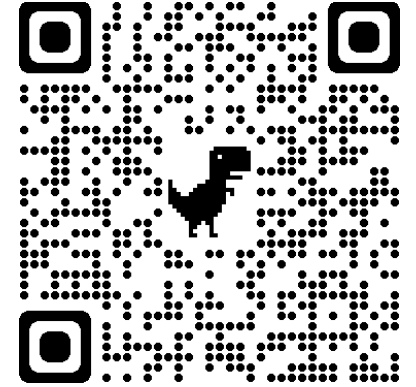


Article: What you need to know about grains in your diet, according to a dietitian

*You may use the following sentence patterns to write your suggestions:

- ... good for/ bad for ...
- ... more/ fewer/ less ...
- ... a lot of/ a few/ a little ...
- Too much/ Too many is/ are ...

Dairy Products



Article: *"The Pros and Cons of Dairy"*

*You may use the following sentence patterns to write your suggestions:

- ... good for/ bad for ...
- ... more/ fewer/ less ...
- ... a lot of/ a few/ a little ...
- Too much/ Too many is/ are ...

Meat and Fish

Meat and Fish are _____ you.

You need to _____.

You need to _____.

They can _____.

Eating too _____.

*You may use the following sentence patterns to write your suggestions:

- ... good for/ bad for ...
- ... more/ fewer/ less ...
- ... a lot of/ a few/ a little ...
- Too much/ Too many is/ are ...

Fruit and Vegetables

Fruit and Vegetables are _____ you.

You need to _____.

You need to _____.

They can _____.

Eating too much/ many _____

_____.

*You may use the following sentence patterns to write your suggestions:

- ... good for/ bad for ...
- ... more/ fewer/ less ...
- ... a lot of/ a few/ a little ...
- Too much/ Too many is/ are ...

Fat and Sugar

Fat and sugar are (good for / bad for) you.

You need to eat (more / fewer / less) sugary food.

Eating (too many / too much) sweets are bad for our _____
_____.

Don't eat (too many / too much) fat.

Eating (too many / too much) fat can make you _____
_____.

We should _____

Words that may help you:

Fit / fat / teeth / eyes

Tall / ears