



Grade 7 Gen _Grade 6 Adv _Unit 1_ 1B _ Winners Academy

2026/2027

T/ Fatma Ayman

1B : How can food improve your health ?



podcast بودكاست / برنامج صوتي	healthy صحي	food delivery service خدمة توصيل الطعام
especially خصوصاً / خاصة	busy مشغول	unhealthy غير صحي
quick سريع	convenient مريح / مناسب	better food choices خيارات غذائية أفضل
services خدمات	follow a diet يتبع نظاماً غذائياً	fresh ingredients مكونات طازجة
delicious لذيذ	low fat قليل الدهون	protein بروتين
vitamins فيتامينات	carbs كربوهيدرات / نشويات	energy طاقة
balanced meals وجبات متوازنة	eating habits عادات الأكل	choosing اختيار
Matters مهم / يهم	Prepared مُعَدّ / مُحضّر	Personally شخصياً
Strong قوي	Active نشيط	Option خيار
Cook يطبخ	check it out تَفَقَّد الأمر / جَرِّبْهُ	Ingredients مكونات
Diet نظام غذائي	Fresh طازج	Fat دهون
Nutrients	Contain يحتوي على	Taste يتذوق - مذاق
Satisfying مُشبع - مُرضٍ	Ingredients المكونات _ مقادير	Organized منظم
improve يحسن	Nutrition facts لحقائق الغذائية / المعلومات الغذائية	Delievery التوصيل

Track 2



Hi everyone, welcome back to the podcast.



Today I want to talk about something new I heard about.



It's a healthy food delivery service called HealthyBite.



I've been thinking about it because eating healthy food isn't always easy, especially when people are busy.



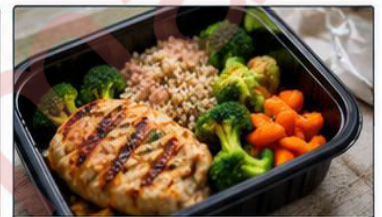
A lot of people eat unhealthy food because it is quick and convenient.



But I think we should try to make better food choices when we can.



Services like HealthyBite can help people follow a better diet.



From what I heard, the meals are made with fresh ingredients.



And they taste delicious, which is really important.



The meals are low fat, but they still include protein, vitamins, and carbs.



So they give people energy during the day.



I think people should eat balanced meals more often.



Eating too much fat can be unhealthy, so choosing the right food matters.



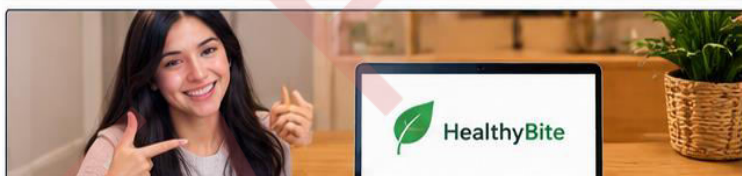
HealthyBite seems to make this easier because the meals are prepared for you.



Personally, I think people should choose food that helps them feel strong and active.



HealthyBite sounds like a convenient option for people who don't have time to cook but still want to eat well.



So, if you're trying to make better food choices, you should check it out and see if it works for you.



Thanks for listening.

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ACADEMY

Choose the correct answer :-

1. What is HealthyBite?

- A) A sports club B) A healthy food delivery service C) A cooking school

2. Why do some people eat unhealthy food?

- A) Because it is quick and convenient
B) Because it is always delicious
C) Because it is expensive



3. What are the meals made with?

- A) Frozen ingredients B) Sweets C) Fresh ingredients

4. What do the meals include?

- A) Only fat B) Protein, vitamins, and carbs C) Only sugar

5. Why are balanced meals important?

- A) They help people stay healthy and active B) They take a long time to prepare
C) They are always expensive

6. What does HealthyBite make easier?

- A) Playing sports B) Going shopping C) Eating healthy food

7. Why might HealthyBite be useful for busy people?

- A) The meals are prepared for them B) They have to cook everything themselves
C) They need to buy the ingredients

8. What should people choose to feel strong and active?

- A) Fast food B) Healthy food C) Sugary snacks



9. What does the speaker suggest at the end?

- A) Stop eating meals
B) Cook only at night
Check out HealthyBite and see if it works for you

10. What is the main topic of the podcast?

- A) Making better food choices B) Playing sports C) Cooking desserts

Choose the best advice.

1 You feel tired during the school day.

- a) You should skip meals.
- b) You should eat balanced meals.

2 You are very busy after school.

- a) You should choose quick but balanced food.
- b) You should eat only one kind of food.

3 You don't have time to cook every day.

- a) You should look for easy food options.
- b) You should stop eating meals at home.

4 You want to feel strong and active.

- a) You should choose food that gives you energy.
- b) You should avoid food completely.

5 You eat fast food very often.

- a) You should try to eat balanced meals more often.
- b) You should never eat quick food again.

6 You don't drink enough water during the day.

- a) You should drink more water.
- b) You should drink soda instead.

7 You want to have a healthy breakfast.

- a) You should eat sugary snacks.
- b) You should eat fruits, whole grains and protein.

8 You feel hungry before bedtime.

- a) You should eat a big meal.
- b) You should have a light snack like yogurt or fruit.



9 You spend too much time on your phone.

- a) You should keep using it while eating.
- b) You should put it away and focus on your food.

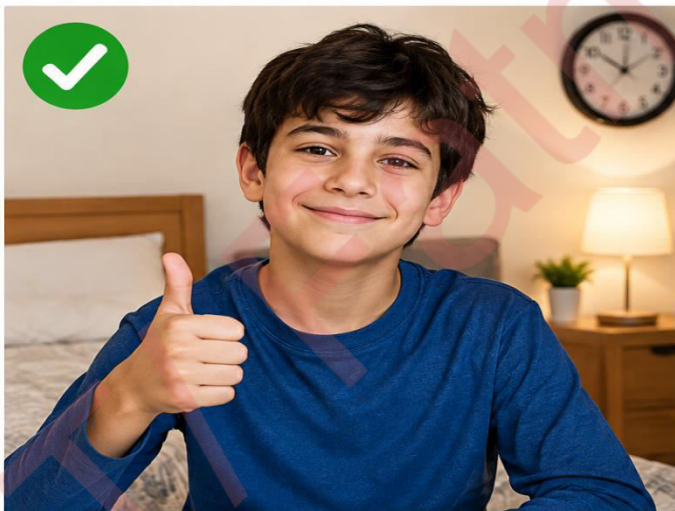
10 You want to avoid getting sick.

- a) You should eat fruits and vegetables.
- b) You should eat only junk food.

Match each part to make a complete sentence. Then choose the sentence you agree with most.

- 1 You shouldn't eat too much fast food
- 2 You should eat fruit regularly
- 3 You should drink enough water
- 4 You shouldn't skip breakfast
- 5 You should plan your meals for the week

- A. because it helps your body stay hydrated.
- B. because it can make it harder to keep a balanced diet.
- C. because it gives your body vitamins and energy.
- D. because it helps you feel more organized and prepared.
- E. because it helps you have energy in the morning.



It's good to sleep early.
(= You **should** sleep early.)



It isn't a good idea to watch too much T.v.
(= You **shouldn't** watch too much T.v.)

Rewrite the sentences using **should** or **shouldn't**.



1. It is a good idea to eat breakfast every day.

.....

2. It is not a good idea to skip meals when you are busy.

.....

3. Planning meals can help people feel more organized.

.....

4. Drinking enough water helps you stay active.

.....

5. Eating very late can make people feel tired the next day.



.....

6. It is a good idea to plan what you eat on busy days.

.....

7. It is not a good idea to skip breakfast when you have a long school day.

.....

8. Drinking water regularly can help people stay focused.



.....

9. Eating late at night every day is not helpful for feeling energetic in the morning.

.....

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3 Complete the sentences with **should** or **shouldn't**. Choose the correct answer.

- 1 You feel tired during afternoon classes. You _____ (should / shouldn't) eat balanced meals.
- 2 You have a very busy school day. You _____ (should / shouldn't) skip meals.
- 3 You want to have more energy in the morning. You _____ (should / shouldn't) eat breakfast.
- 4 You often feel very hungry late in the day. You _____ (should / shouldn't) plan regular meals.
- 5 You eat fast food several times a week. You _____ (should / shouldn't) plan meals ahead.
- 6 You feel weak after sports practice. You _____ (should / shouldn't) choose food that gives you energy.
- 7 You don't have much time after school. You _____ (should / shouldn't) choose simple meals.
- 8 You want to stay focused during lessons. You _____ (should / shouldn't) drink enough water.

Read the sentences. Correct any mistakes.



1. **You shoulds eat breakfast every day.**
.....
2. **Students should to skip meals when they are busy.**
.....
3. **A student feel tired in the afternoon should eat balanced meals.**
.....
4. **You shouldn't skipping meals during the school day.**
.....
5. **People should plan they meals for the week.**
.....
6. **You should drink enough water to stay active.**
.....
7. **A busy student shouldn't skips breakfast.**
.....
8. **You should choose food give you energy.**
.....
9. **Students should plan meals ahead to feel more organized.**
.....

Vocabulary Multiple

1. I listened to an interesting _____ about healthy eating.

- a) podcast b) protein c) option

2. Eating fruit and vegetables is _____ for your body.

- a) busy b) quick c) healthy

3. We ordered dinner from a _____ because we were too tired to cook.

- a) food delivery service b) balanced meals c) nutrition facts

4. I enjoy many kinds of fruit, _____ fresh strawberries.

- a) personally b) especially c) quickly

5. My mother is very _____ today, so she cannot cook dinner.

- a) fresh b) active c) busy

6. Eating too much fast food can be _____.

- a) unhealthy b) convenient c) delicious

7. This restaurant provides _____ delivery for people in a hurry.

- a) strong b) quick c) fresh

8. Online food ordering is very _____ for busy families.

- a) unhealthy b) delicious c) convenient

9. We should make _____ when we buy food.

- a) better food choices b) eating habits c) food delivery

10. Some people _____ because they want to become healthier.

- a) cook b) follow a diet c) taste

11. This salad is made with _____ from local farms.

- a) energy b) protein c) fresh ingredients

12. The meal was very _____, so everyone enjoyed it.

- a) delicious b) busy c) organized

13. Eggs and chicken are good sources of _____.

- a) carbs b) protein c) fat

14. Fruit and vegetables contain important _____.

- a) services b) energy c) vitamins



15. Bread, rice, and pasta contain _____.

- a) carbs b) protein c) vitamins

16. A healthy breakfast gives you _____ for the day.

- a) fat b) energy c) taste

17. Eating _____ helps your body get the nutrients it needs.

- a) fast food b) unhealthy meals c) balanced meals

18. Good _____ can help you stay healthy.

- a) eating habits b) food delivery c) services

19. _____ healthy food is important for your health.

- a) Cooking b) Choosing c) Checking

20. What you eat _____ because food affects your health.

- a) cooks b) tastes c) matters

21. The food was freshly _____ before the guests arrived.

- a) prepared b) active c) fresh

22. _____, I prefer eating food that I prepare at home.

- a) Especially b) Personally c) Quickly

23. Eating healthy food can help you become _____.

- a) busy b) convenient c) strong

24. Regular exercise helps you stay _____.

- a) active b) unhealthy c) delicious

25. This sandwich is a healthy _____ for lunch.

- a) ingredient b) option c) nutrient

26. My father likes to _____ dinner for the family.

- a) contain b) improve c) cook

27. If you are interested in this service, _____ and see what they offer.

- a) check it out b) follow a diet c) prepare it

28. This food can _____ important vitamins and minerals.

- a) taste b) contain c) choose

29. The meal was filling and _____.



a) satisfying b) busy c) quick

30. Eating more vegetables can _____ your health.

a) contain b) taste c) improve

Rearrange the Words – Should / Shouldn't

1. vegetables / should / You / eat / every day

→ _____

2. shouldn't / We / too much / eat / chocolate

→ _____

3. breakfast / should / have / Students / before school

→ _____

4. drink / You / shouldn't / many / fizzy drinks

→ _____

5. every day / should / fruit / eat / Children

→ _____

6. too much / shouldn't / sugar / You / eat

→ _____

7. water / should / enough / We / drink

→ _____



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