

[00:00.00]3 Good food,bad food  
[00:22.10]Look and read  
[00:24.74]1 We can run,jump and play.We work hard at school.We are healthy.  
[00:41.09]2 We eat a lot fruit,plenty of vegetables,  
[00:50.83]and a little cheese and yoghurt.  
[00:56.58]We eat a little chicken and fish.  
[01:03.35]We drink water,milk and fruit juice.  
[01:10.50]3 We are tired.We can't run or jump.We are unhealthy.  
[01:25.05]4 We eat too many sweets and crisps,and a lot of ice-cream.  
[01:37.80]We eat too many hamburgers and sausages.  
[01:45.74]We drink a lot of soft drinks.  
[01:51.41]Read,write and say  
[01:56.87]What is a good diet?  
[02:01.91]A good diet is...  
[02:07.19]some meat,chicken or fish every day  
[02:14.95]plenty of vegetables every day  
[02:20.70]a lot of rice,noodles or bread every day  
[02:29.66]a lot of fruit every day  
[02:35.61]some milk,cheese or yoghurt every day  
[02:44.15]Read a poem  
[02:48.72]I went to the fridge I went to the fridge.  
[02:56.09]I opened the door.There on the shelves Inside I saw...  
[03:05.34]Ten fish fingers  
[03:09.20]Nine strawberry yoghurts  
[03:13.93]Eight hamburgers  
[03:17.88]Seven slices of ham  
[03:22.84]Six large eggs  
[03:27.70]Five sausages  
[03:31.85]Four pieces of cheese  
[03:37.42]Three cartons of milk  
[03:41.99]Two cans of Coke  
[03:46.14]And a big bowl of fruit  
[03:50.58]Play a game  
[03:55.34]cabbage  
[03:58.29]carrots  
[04:01.14]sweets  
[04:04.19]yoghurt  
[04:06.83]rice  
[04:09.57]milk  
[04:12.84]cakes  
[04:15.69]soft drinks  
[04:19.24]chicken  
[04:21.88]crisps  
[04:24.86]noodles

[04:27.89]fish  
[04:30.52]hamburgers  
[04:33.76]apples  
[04:36.82]sausages  
[04:39.88]fruit juice  
[04:42.93]Sausages!Are they good for us or bad for us?  
[04:49.88]They're bad for us.  
[04:53.83]Fish!Is it good for us or bad for us?  
[05:00.90]It's good for us.  
[05:04.46]Make  
[05:08.87]Let's make sandwiches for lunch today.  
[05:14.23]OK.  
[05:17.10]First,wash your hands.  
[05:22.14]put a piece of bread on a plate.  
[05:27.18]put a little butter on the bread.  
[05:32.33]put some slices of chicken/ham/egg on the bread.  
[05:40.69]Put some lettuce/jam on the bread.  
[05:46.85]Then put another piece of bread on top.  
[05:52.78]Cut the sandwich in two pieces and eat!  
[05:59.13]Tommy Target  
[06:02.58]some\_\_\_\_  
[06:05.84]plenty of\_\_\_\_  
[06:08.77]a lot of\_\_\_\_  
[06:11.80]a little fish/cheese  
[06:16.45]too many sweets  
[06:20.42]too much ice-cream  
[06:25.57]too little meat  
[06:28.73]not enough\_\_\_\_  
[06:32.10]What have you eaten?  
[06:35.65]I have eaten...  
[06:39.31]good for us bad for us  
[06:44.17]a slice of\_\_\_\_  
[06:47.51]a piece of\_\_\_\_  
[06:50.88]a carton of\_\_\_\_  
[06:55.24]a can of\_\_\_\_  
[06:58.80]a bowl of\_\_\_\_  
[07:02.27]a packet of\_\_\_\_  
[07:06.32]a bottle of\_\_\_\_  
[07:09.98]slices of\_\_\_\_  
[07:13.14]pieces of\_\_\_\_  
[07:16.77]cartons of\_\_\_\_  
[07:19.80]cans of\_\_\_\_  
[07:22.83]bowls of\_\_\_\_  
[07:25.75]packets of\_\_\_\_

[07:28.81]bottles of\_\_\_\_