



Reading Practice

Apellidos y Nombres: _____ Date: June , 2021
Grade: VI° Group: 11 Teacher: _____

COMPETENCIA: Lee diversos tipos de textos como lengua extranjera.
CAPACIDAD: Obtiene información en textos escritos en inglés
DESEMPEÑO PRECISADO: Identifica información explícita y relevante que se encuentra dentro de los párrafos en diversos tipos de textos escritos relacionados a Healthy Habits.

NIVEL DE
LOGRO

FAST FOOD

No way or OK?

LUKE SAYS:

It's no surprise to hear that most fast food is bad for you. It isn't made with fresh ingredients so it hasn't got enough vitamins for a healthy meal. Fast food usually contains a lot of saturated fat, salt and sugar. While many people know this, they carry on buying fast food. Some people say that the high level of salt and other chemicals make the food addictive.



Fast food is made and served very quickly, like burgers and chips, and can be eaten on the street or at home. Is fast food a good thing? We ask two people to give their opinions. What do you think?

There have also been reports of wood pulp being used to thicken sauces and milkshakes, as well as many unhealthy ingredients. The truth is that we don't always know what we're eating when we buy fast food.

The effect on our health isn't the only issue. We often eat fast food in place of traditional home-made food. We may start forgetting recipes that are passed on from generation to generation and which make mealtimes special occasions. Fast food is always the same: burgers, chicken nuggets, pizza and chips. It's taking the variety out of our diet.

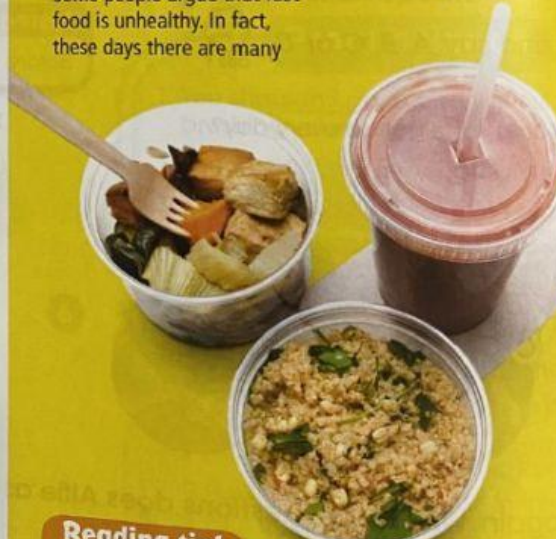
OLIVIA SAYS:

We've all got busy lives! While I understand that there are healthier food options, fast food helps us carry on with our lives when we're in a hurry. Furthermore, it's cheap. It's usually cheaper than buying the ingredients and cooking a meal.

Some people argue that fast food is unhealthy. In fact, these days there are many

rules and regulations for preparing fast food. People who sell fast food have to give a lot of information about the ingredients they use. Fast food restaurants also sell healthier options, such as salads and healthy fruit juices.

Fast food saves time and can taste great!



Read the text again and after you read:

I. Read and write L (Luke), O (Olivia) or N (Neither).

1. Fast food is great when you are in a hurry.
2. There's no variety in fast food. It's always the same.
3. If we eat fast food all the time, we'll lose traditional recipes.
4. Fast food is much healthier these days.
5. We're not sure what we are eating when we eat fast food.
6. Fast food is always cheaper than home-made food.

☐☐☐☐☐☐

II. Read the definitions and find the words in the text.

1. These are items of food you use when you make something to eat. **ingredients**

2. We add this to make food or drink sweet.

3. This is an explanation of how to cook something to eat.

4. This adjective means that you have a lot of things to do.

5. This is another word for "choices".

6. This word is the antonym of "more expensive".
