Reading Comprehension: Food

8th Form – level 4

Read the advice column carefully. Use a dictionary, when necessary.

I don't like the way I look. I'm a chubby girl.

Kelly:
I have put on a lot of weight lately and now I don't feel comfortable with my body; I'm just too fat. I have already been on a diet, but that didn't work out for me because after a while I regained all those lost pounds. Can anyone give me some advice on what I should do to get slim again?



Susan:
Hi Kelly!
I advise you to move whenever you have the chance. Physical exercise is extremely important when you want to lose weight. You don't have to be an athlete or anything like that. You can start by doing small exercises every day. You can also go for a walk and invite a friend of yours to go along because when we do things in a group it is more encouraging and fun.

Another important thing if you want to lose weight is your diet. You should have a diet rich on vegetables and fruit and you should avoid fast food or sweets because they have many calories. Try to vary the food you eat; you have tons of different fruits, vegetables and other healthy choices at your disposal. Having a healthy diet doesn't mean you have to be hungry all the time and that food can't be tasty as well.

I hope this can help you! It has worked just fine for me because I also used to be fat.

Paula:
Hi there, Kelly!
I totally agree with Susan when she says you have to work out and have a healthy diet. Besides that, I believe it is essential to drink lots of water. A great part of our body is made of water, so we should drink it in order to keep our body hydrated. It does wonders to our skin because it prevents ageing.

Another tip to avoid eating unhealthy food is to prepare your own lunch at home. By doing so you know that you have all the nutrients you need and you don't have to look for a place that serves healthy food (this task can become a very difficult one).

Hope this helped you!

I Match the words on the left with their definitions on the right. They are underlined.

1. chubby	a) substances contained in food
2. lately	b) mature or grow older
3. slim	c) very beneficial
4. avoid	d) physical exercise
5. work out	e) fat
6. do wonders	f) recently
7. age (verb)	g) thin
8. nutrients	h) keep away from

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II Find synonyms in the text for the following words (paragraphs 1, 2 and 3).

1) gain (verb) .....

2) at every opportunity .....

3) stimulating/motivating .....

4) delicious .....

III Decide if the following sentences are true [T] or false [F].

1 T F Kelly has a problem because she tried to lose weight but it came back.

2 T F Susan thinks extreme physical activities help you lose weight.

3 T F Try to vary the food you eat but it should be healthy.

4 T F Healthy food isn't delicious.

5 T F Both Susan and Paula understand Kelly's problem because they used to be chubby.

IV Choose the correct option.

1 to keep healthy you should...

a) never eat the things you like and drink lots of water.

b) have a balanced diet and engage in physical activities.

c) do a lot of exercise and eat very small quantities of food.

2 to help you avoid unhealthy food, you should...

a) prepare your own meal at home.

b) eat in a restaurant.

c) eat at the school canteen.

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