Topic 5 EATING RIGHT

A Reading and Understanding.
Read the passage below and note the important points.

Eating is important is our life. However, we must always be aware of what we are eating. We should always eat healthy and nutritious food.

If we eat or drink more than what our body needs, then we will put on weight. This is because the energy that we do not use is turned into fat and stored in our body. Too much fat in our body can be bad for our health. However, it is also not advisable to eat or drink too little because when our fats are being used up totally, we begin to lose weight.

A healthy diet may include carbohydrates, vitamins and minerals. Food such as fruits, grains, vegetables and a small amount of meat and fish are good for our health. We must also limit the consumption of too much sugar and salt in our food.

By eating good and healthy food and with the correct amount, we can lose weight and stay more active. We can say 'goodbye' to sickness like 'diabetes' and 'high-blood –pressure.'

Therefore, you are advised to follow strict dietary rules to stay healthy always. Do not forget to exercise regularly to keep healthy.



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Vocabulary

B The following words are found in the topic. Find out their meanings and match them correctly.

1.	omelette	6.	pasta	11.	pizza
2.	carton	7.	dessert	12.	festival
3.	crisps	8.	snack	13.	habits
4.	cereal	9.	chefs	14.	amazing
5.	salad	10.	ingredient	15.	fresh

The sweet course eaten at the end of a meal	
Thin slices of potato chips that have been deep fried	
A professional cook in a restaurant or hotel	
A regular way of doing something usually	
A food made from wheat flour, water and eggs served with sauce.	
A dish of Italian origin	
A food made of beaten eggs and cooked in a frying pan.	
Something still not stale and still can be eaten.	
A box or container usually made from cardboard.	
A small amount of food eaten between meals and at irregular hours.	
A chilled dish of mixture of cooked vegetables	
Items combined together to make a particular dish	
A day of celebration for various reasons	
Causing a great surprise or wonder	
A grain used for food, such as oats and nestum	

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