# GRADE 7

# READING :

## VI. Answer the questions:

We know that the food we eat affects our whole life, so we must remember to eat sensibly. We should have a balanced diet. What does a "balanced diet" mean? It means you eat a variety of food without eating too much of anything. Moderation is very important. Eat the food you enjoy, but don't have too much. This will help you stay fit and healthy.

***Questions:**

**1.**Does the food we eat affect our life?

→ _____

**2.**How should we eat?

→ _____

**3.**What does a "balanced diet" mean?

→ _____

4. What will a "balanced diet" help you?

→ _____

LIVEWORKSHEETS