

INSTRUCTIONS:

READ THE TEXT AND **CHOOSE** THE CORRECT ANSWERS

JUNK FOOD= UNHEALTHY FOOD

WORK INDIVIDUALLY

JUNK FOOD VS HEALTHY FOOD

Do you like hamburgers and chips? Do you love coke and popcorn?

Of course you do. But remember: junk food isn't good for you.

Junk food is food that isn't nutritious and usually has a lot of (1) 

Have an apple or a (2)  for a snack at school. Don't eat chips every day.

Eat (3)  and (4) . Drink fruit juice and water.

Be nice to your body. Eat healthy food.

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| 1. | a. onions | b. sugar | c. ketchup |
| 2. | a. nuggets | b. hot dog | c. banana |
| 3. | a. chips | b. vegetables | c. fruit |
| 4. | a. cereal | b. sandwiches | c. tomatoes |