

HEALTHY AND UNHEALTHY FOOD.

I. Listening comprehension. Watch the video and pay attention. Then write "T" if it is true, or "F" if it's false.

- 1) People do not prefer fresh products. ☐
- 2) 23% Of Britain people are clinically obese. ☐
- 3) Five a day means: you're supposed to eat five portions of fruit and five portions of junk food. ☐
- 4) Fruit salad is commonly to eat by children ☐
- 5) People's opinions: "Organic food is expensive but really good for your health". ☐

II. Reading comprehension: Read the text and YES if it is true, or NO if it's false.

Healthy Eating Tips

Home Healthy Eating Kid-Friendly Snacks Food Shopping Tips Eat Out Eat Smart

Here are some tips for healthy eating at home, work, and elsewhere.

Try some of these ideas.

- Start your day off right! Eat breakfast.
- Take a piece of fruit to munch on during your commute. It tastes great, is filling, and provides energy.
- Use "lite" dairy products, which are low-fat and better for your health.
- If you like to eat meat, trim all visible fat.
- Fried foods? Snacks? Desserts? Sweets? They taste great but are not great for you. They are high in calories and can be high in fat, salt, and sugar.
- Pack your own snacks of raw veggies. Buy healthy snacks like pretzels.
- Cut down on portion size so you don't eat too much unhealthy food.
- Eat everything in moderation.

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- A. Healthy food means avoiding junk food and eating more fruit or vegetables.
- B. Eat a lot of Dairy products is good for your health.
- C. Desserts, sweets, chocolate cake, etc are low in calories.
- D. You should buy healthy snacks like pretzels.

Yes/ NO

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