



Spotlight 6

Reading Task 6909

Read the text. Match the titles to the paragraphs. One title is extra.

1. DRINK A LOT OF WATER
2. DANGERS OF SATURATED FAT
3. CUT DOWN ON SUGAR
4. CUT DOWN ON SALT
5. GIVE UP JUNK FOOD
6. FIVE-A-DAY

How to Stay Healthy

- A.** People who eat a lot of fruit and vegetables seldom have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included in that list.
- B.** Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke (удар, инсульт) than people with normal blood pressure. Three quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.
- C.** Having too much saturated fats (насыщенные жиры) can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard (сало), cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fats.
- D.** If you have sugary foods and drinks too often it can cause tooth problems. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream.
- E.** We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate (обезвоживать) you.

A	B	C	D	E

2. Mark the statements

True (1), False (2), Not Stated (3).

1. Eating vegetables and fruit is good for your heart.
2. One melon is a portion of fruit.
3. Potatoes can be eaten as part of your five-a-day.
4. Eating much salt increases blood pressure.
5. There is more salt in soup than in breakfast cereals.
6. High blood pressure doesn't cause you any harm.
7. There is a lot of salt in the food we buy.
8. Eating saturated fats causes heart problems.
9. There is a lot of saturated fats in vegetable oils.
10. Sugary food is good for your teeth.
11. It's better to give up eating sugar.
12. You should drink a lot of water to stay healthy.

