Week 10 – Monday – Reading *

Healthy Eating - NHS

Health… It might shock you but thousands of young people in Britain who would gladly swap a burger for an apple, chips over some other vegetables and even a can of pop over water. Less chips, less hips! Can you resist a Burger King? Or do you think you can eat them in moderation? Or do you like the taste of fat too much? Forgive me, I don't mean to sound horrible, but I need to get it through to you. This is a matter of life and death.

Diseases

Eating healthier has been scientifically proven to reduce the chance of you suffering from heart related illnesses, diabetes and…the big one: obesity. Many people change their diet because they wish to look like popular celebrities with bulging muscles and rock hard abs. Or even skinny like most of the pop stars. However, many people forget about the damage being done inside. If the way you look is so important, why continue to snack on crisps, chocolate and other kinds of sugary treats? Therefore, for the sake of your health, as well as your looks, choose a piece of fruit instead. I'm not saying you should not eat anything sugar or fatty, just do it in moderation… Small amounts of our best loved treats are part of a healthy balanced diet!

Isn't it expensive?

Shh! Stop shouting about how expensive healthy food is; it is more affordable than you think! Healthy food is not just fruit and vegetables! Mind you, they are important… Anyway, isn't it worth spending a little more? Your body will love you for it! A pack of bananas can cost less than £1 and a whole lettuce costs less than 50p –how much cheaper could they be? I recently spoke to a manager of Aldi supermarkets who told me they are constantly making sure fruit and vegetables are as cheap as possible. You don't need to look far for a tasty yet healthy option – shops are everywhere. Also, if they do get expensive, you can always grow some of your own in your back garden!

The Benefits

If you don't choose healthy food for a healthier body or a healthier bank balance then choose it for a healthier mind. It's a scary thought but you could be even more alert in lessons, more active in PE and more with it during detention. Oh yes, even some very naughty students in England have found that by eating healthier school meals it has helped to put them back on track achieve good grades. So there you have it, it is proven to make you smarter!

Healthy eating is very important but I am sure you knew this already. Most of all though, it is about ensuring you are a fit and healthy individual amongst the youth of today, as well as being able to set an example for the youth of tomorrow.

Your task: Answer the questions below.

1) 'Less chips, less hips.'

Copy two words from the box below to complete the sentence below.

Instruction engage rhyme inform a simile words excite less

The write uses _____ to _____ the reader.

2) Draw **lines** to join the features to their purpose in the text.

FEATURES
Sub-headings
Rhetorical question
Email address

PURPOSE
Tells you briefly what happens
Makes it easy to contact the NHS
Aims to persuade you

3) Tick boxes to show fact or opinion.

	Fact	Opinion
Obesity can cause lots of diseases.		
You should never eat chips.		
Eating healthy can help you do better at school.		
It is wrong to eat McDonalds.		

4) Copy **two** rhetorical questions from the text.

_____

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5) Write down **two** reasons why people would want to eat healthily.

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