



Read the text and choose the right option.

What's (1)___ with Junk Food

Too much fat! Hamburgers, pizza, fried chicken and chips (2)___ contain lots of bad fats. Too much fat leads to obesity and it is a risk (3)___ the health and causes different (4)___ .

There is too much salt in junk food. It's also (5)___ . There is too (6)___ sugar! It spoils teeth and is bad (7)___ the blood. Of course, the body needs some fat, salt and sugar for energy (8) ___ while we (9)___ .

Probably, it is OK to eat junk food sometimes. Choose grilled fish and chicken instead of fried, vegetarian pizza instead of (10)___ meat type pizza.

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|-----|----------------------------|--------------|--------------|
| 1. | 1. bad | 2. different | 3. wrong |
| 2. | 1. never | 2. usually | 3. seldom |
| 3. | 1. to | 2. for | 3. from |
| 4. | 1. ill | 2. sick | 3. illnesses |
| 5. | 1. harm | 2. harmful | 3. harmless |
| 6. | 1. a lot of | 2. many | 3. much |
| 7. | 1. of | 2. for | 3. because |
| 8. | 1. burning | 2. to burn | 3. burn |
| 9. | 1. work and play | | |
| | 2. are working and playing | | |
| | 3. have worked and played | | |
| 10. | 1. fat | 2. fatter | 3. fatty |

