Unidad 2: Healthy habits

Name: _____ **Date:** _____

OA 09: Demostrar comprensión de ideas generales e información explícita en textos adaptados y auténticos simples

I) **Read** this text

Healthy Habits

Some foods have a lot of proteins, vitamins and fibre. These foods are healthy and you should eat a lot of them. Other foods have a lot of sugar and fat. You shouldn't eat too much of them. Eat more fruit and vegetables. They have a lot of vitamins, minerals and fiber. Fruit have all the sugar your body needs. Too much salt is as bad for your health as too much sugar. Don't add salt when you are cooking or eating. Add lemon juice or spices instead. Eat fewer chips and salted nuts. We don't need a lot of fat, so choose low-fat products if possible. Grilled food is much healthier than fried ones. There's less fat in it. Another important piece of advice is to eat regularly and drink 5 or 6 glasses of water every day. Enjoy your meals!

II) **Choose** the correct answer in each question

1) What does it say about food with a lot of proteins, vitamins and fibre?

   a. It says these foods are unhealthy and you shouldn't eat them
   b. It says these foods are a little bit healthy and you should eat them, but not much
   c. It says these foods are very healthy and you should eat them a lot

2) What foods does it say you shouldn't eat too much?

   a. Foods with sugar and fat
   b. Fruits and vegetables
   c. Foods with proteins, vitamins and fibre

3) What kind of food has all the sugar your body needs?

a. Vegetables
b. Bread
c. Fruits

4) What do you don't have to add when you are cooking?

a. Salt
b. Lemon juice
c. Spices

5) Do we need a lot of fat in our bodies?

a. Yes, we need a lot of fat
b. No, we don't need a lot of fat
c. It doesn't say

6) How many glasses of water do we need to drink every day?

a. Five or six
b. One or two
c. Just one