

MY EVIDENCE 1 - UNIT 7

READING COMPREHENSION AND GRAMMAR



Doctors tell us to eat more fruit and more vegetables. They tell us to drink more water and less **fizzy drinks**. But do we listen?? No, we **continue** to eat lots of **junk food** like pizzas, sweets, chips, cakes and biscuits.

We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body. Unhealthy food makes your body unhealthy. When you get older you start to have a lot of problems like heart **diseases**. But most of us don't think much about the future. We only think about today. We only think that hamburgers **taste** better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French fries and **fizzy drinks** may be delicious, but they haven't got enough vitamins and **minerals**. Your body needs vitamins and minerals to grow healthy. Healthy food gives our body the vitamins and the minerals **it** needs.

People eat junk food because it's **tasty**, but everybody can have a tasty meal at home. The only problem is that buying fresh **products** and cooking them takes time. And people **prefer** to spend time doing other activities, such as watching films, meeting friends, walking in the parks etc. I also like to do these activities, but I am very careful of my body. If you want to be healthy, you should eat healthy food every day.

HEALTHY FOOD

I. READ AND CHOOSE THE CORRECT ANSWER.

1. What do you think could be the causes people do not have good eating habits?

a. People don't think about their future health.

b. Everybody has a tasty meal at home .

c. Unhealthy food makes your body healthy.

2. What does your body need to grow healthy?

a. Walking in the park.

b. Having a tasty meal at home.

c. Food with enough minerals and vitamins.

3. What should you do if you want to be healthy?

a. I should spend time doing other activities.

b. I should eat healthy food such as fruits and vegetables.

c. I should eat food such as fizzy drinks, burgers and french fries.

II. READ AND MATCH

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|-----------------|--------------------------|---|
| a. Junk food | ☐ | illness like cancer and toothache. |
| b. Fizzy drinks | ☐ | fast food. |
| c. Disease | ☐ | delicious. |
| d. Minerals | ☐ | soft drinks like cola. |
| e. Tasty | ☐ | things in food that are useful for your body. |

III. CHOOSE THE CORRECT ANSWER

1. The weight is (heavy) .

a. heavy enough

b. too heavy

c. enough heavy

2. The man isn't (strong)

a. too strong

b. enough strong

c. strong enough

3. When I was a child I lived in two different houses. The first / was lovely. The second / wasn't very nice , but it was in a nice location and there were six bedrooms. I used the / on the second floor. The other / were on the first floor.

4. It was a boring party because there weren't people there.

a. much

b. a little

c. many

5. I'd likemilk in my coffee, please.

a. a few

b. a lot of

c. much