ACTIVITY 1 READING COMPREHENSION

After reading several times, answer the following questions.

What is the title of the reading?

_____

Who is Melissa?

_____

Mention the main meals we need to eat everyday.

_____, _____, _____

Why does the family decided to visit the nutritionist?

_____

Mention two recommendations from the nutritionist.

_____

_____

A Visit to the Nutritionist

Last week, my mother decided to make a family visit to the nutritionist, in order to improve our eating habits. Melissa, the nutritionist, received us with a big smile. She says that in order to eat healthy we need to eat food from the different food groups in the correct portions.

She mentioned that we must eat three main meals everyday: breakfast, lunch and dinner and also two light snacks. Furthermore, she suggested to avoid sweets and sugar based drinks.

Karla recommended to take our meals at the same time every day, and not to take dinner after seven p.m. in order to have a good digestion an avoid gastrointestinal diseases.

Finally, she said that drinking water and doing physical exercise is important to keep healthy and in a good weight.