READING

1 Read the article. Then match the parts of the sentences. There are two extra parts.

Did you know … ?

We all need healthy food, and lots of vitamins. Fruit and vegetables are important, but other things are healthy, too! Don't be scared to eat things you like, sometimes.

Here's a surprise. Chocolate is good for you! Everybody knows that milk chocolate has got lots of sugar in it. But dark chocolate contains 70–80% cocoa, and doesn't have much sugar. It contains chemicals called 'flavonoids' that help the body in lots of ways, and stop us being ill.

Is coffee good for us? Well, it's unhealthy to drink it before we go to bed! And too much coffee can make you upset. But some scientists say that drinking coffee in the morning or afternoon can help us remember things. Some people also say that it's good to drink coffee before you do exercise, to help you run faster, for example.

Potatoes are a popular vegetable, but not many people think they're healthy. Fried potatoes are delicious, but often fatty. If possible, eat boiled potatoes instead. Also, did you know that the outside part of the potato, the peel, is healthy and contains lots of vitamin C? Many people don't eat it. So next time, don't throw away the peel!

Here's another surprise. You know popcorn, that delicious food you eat at the cinema? Well, it has got lots of 'phytonutrients', a chemical that is in lots of other food, like tomatoes, broccoli and other green vegetables. But be careful! Popcorn has sometimes got lots of sugar, salt or oil on it. So don't eat too much.

1 It's important to have a lot of ☐

2 You shouldn't be worried about eating ☐

3 Milk chocolate has got too much ☐

4 Dark chocolate has got a lot of ☐

5 It's not good to have too much ☐

6 Don't eat too many ☐

7 Potatoes with no peel haven't got enough ☐

8 Popcorn has often got too many ☐

i. vitamin C.
ii. good things in it.
iii. fried potatoes.
iv. boiled potatoes
v. bad things in it.
vi. sugar in it.
vii. not enough vitamins.
viii. coffee.
ix. fruit and vegetables.
x. things you like.

2 Read the article again. Mark the sentences T (true), F (false) or DS (the article doesn't say).

1. Fruit and vegetables are the only healthy food. _____
2. The sugar in chocolate is healthy. _____
3. Children eat too much chocolate. _____
4. It's not good to drink coffee all the time. _____
5. Coffee can help people doing sport. _____
6. There isn't any sugar in potatoes. _____
7. People usually eat the healthy part of the potato. _____
8. Popcorn is popular because it isn't expensive. _____
9. Popcorn is often unhealthy. _____