

READING COMPREHENSION

KEEP HEALTHY



Without a doubt, a balanced diet is essential to lead a healthy lifestyle. But what about regular exercise? Is it as important as having a healthy diet?

Let's read about Susan, a young woman who realized the importance of **REGULAR EXERCISE** as a way to prevent health problems in the future.

IN PURSUIT OF FITNESS



When I was younger, I was very sporty. My dad is an avid runner who greatly influenced me. My great passion between the ages of 11 and 14 was running. However, when my family moved, my new school was not very focused on sports, and had no after-school activities like football or running.

Over the next few years, I stopped exercising apart from during Physical Education lessons at school, and even then, I was very angry about having to participate. I was lucky that I could eat what I wanted and – for the most part – not put on any weight, so I looked like I was healthy, whereas in reality I was very unfit.

When I started university I decided that I would try and get fit, but by then I was worried about embarrassing myself in front of other people. I signed up for volleyball (which I was terrible at) then football (but I never went to a training session) Eventually, I decided that I wasn't a sporty person.

However, this year, one of my New Year's resolutions has been to try and get in shape. This decision came after I was late for a bus, tried to run after it and was very out of breath in under a minute!

Finally, I started swimming and I really loved feeling so well. Experts say everyone should do 30 minutes of moderate exercise every day, so I'm starting with an hour three times a week and building up to every day. I hope that I will soon start to feel the benefits of regular exercise, and will become fitter and stronger. In the long term, I know it will be very good for me, and prevent all sorts of health problems that often occur in later life.

Read the article again. Are these sentences TRUE or FALSE?

- 1) Susan is a very good volleyball player.
- 2) She used to run when she was a child.
- 3) She continued exercising while she was doing Physical Education at school.
- 4) She can eat what she wants because she doesn't put on weight easily.
- 5) She was really healthy, though she looked unfit.
- 6) When she started university she decided to stop running.
- 7) She was terrible at volleyball and football.
- 8) Finally she decided to start training in football and really loved feeling well doing that.
- 9) Now she is swimming and is feeling healthy.
- 10) She knows that regular exercise will prevent heart attacks in the future.

Now, let's watch the following video about HEALTHY EATING and complete the gaps with the words in the box



grow food pyramid healthy eating body bad every day meat eggs little rice
fats and sweets be healthy fish be strong one to three cheese five potatoes milk
dairy minerals strong daily vitamins cereals pasta butter bread

The video is about _____

Healthy foods are fundamental for our existence they help us
_____, _____ and _____.



We need to learn about the _____ and follow its steps.

The first Step is about _____.

It is the worst one; we must eat _____ from this step. They are very _____ for our _____.



The second step is formed by _____
_____ and _____.

It is important to eat this food _____.

The third step is all about _____.

It consists on _____ and _____.

You must eat this food from _____ times a day.



Fruit and vegetables feed our body with _____ and _____
_____ and allow us to stay safe and _____.

Doctors recommend eating them _____ times a day.

The fifth step is the group of _____
_____ and _____. You must eat them _____.

Choose the four correct sentences:

Doctors and nutritionists experts recommend:

To eat at different time every day

To eat in front of the television

To eat with the family

To eat at the same time every day

To drink coke

To do plenty of physical exercises

To play computer games

To drink water