

1. Read the text and drag the headings to the paragraphs.

The vitamin to make your bones hard.

Tastes differ.

You can't live without food.

Vitamins and the ABC.

Healthy Food

1.

Eating is fun, especially when you are hungry. Most people have a favourite food. Some people enjoy eating sweet things like cakes, chocolates and ice cream. Other people enjoy savoury foods like cheese and meat. Enjoying eating is our body's way of making sure that it gets the things it needs to work properly.

2.

Food helps us to keep warm, gives us the energy to walk, talk, run and do all the other things we do. It helps us to grow and stay healthy.

3.

Vitamins also help us to be healthy. Scientists name vitamins after the letters of the alphabet. All of them are very important, for example: vitamin C keeps our skin and gums healthy. It is found in fresh fruit and green vegetables, such as oranges, blackcurrants, lettuce. Brussels sprouts and spinach also contain a lot of vitamin C

4.

Vitamin D helps our bones to grow strong and hard, and we are able to make it for ourselves if our skin gets enough sunlight. But we can also get vitamin D if we eat fish, milk, butter, cheese and margarine.

Some people buy pills or tablets containing vitamins. But most of us get more than enough of them from our food.

2. Read the text again and mark the statements

True (1),

False (2),

Not Stated (3).

- 1.** It's funny to see how people are eating.
- 2.** When we enjoy eating, our body gets everything to work well.
- 3.** Without food people can't live.
- 4.** To get vitamins you need to buy pills.
- 5.** If you don't know the alphabet, you can't read.
- 6.** Vitamin C is important for our skin.
- 7.** You can get vitamin D only when eating special food.