

Student's name:

Date:

Read the text carefully and complete the following activities. Then, record yourself reading part of the text.

Healthy Eating for a Better Life

Healthy eating is very important for our physical and mental health. People who eat balanced meals every day usually feel more energetic and active. A healthy diet includes fruits, vegetables, proteins, and enough water.

Many students do not eat properly because they have busy schedules. They often choose fast food because it is quick and easy. However, eating too much junk food can cause health problems such as obesity, fatigue, and low concentration.

On the other hand, people who eat healthy food can improve their mood and performance. For example, students who have a good breakfast can concentrate better in class and complete their tasks more efficiently.

In addition, healthy eating habits are not only about food. They also include drinking enough water, avoiding too much sugar, and maintaining regular meal times.

In conclusion, healthy eating is a key factor for a better quality of life

ACTIVITY 1: Multiple Choice (Reading Comprehension + Vocabulary)

Instructions : Read the text and choose the correct answer.

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Questions:

1. Why is healthy eating important?

- a) Because it is cheap
- b) Because it improves physical and mental health
- c) Because it is fast

2. What does a healthy diet include?

- a) Only fast food
- b) Fruits, vegetables, proteins, and water
- c) Only drinks

3. Why do many students eat fast food?

- a) Because it is expensive
- b) Because it is quick and easy
- c) Because it is healthy

4. What problem can junk food cause?

- a) Energy
- b) Obesity
- c) Happiness

5. How does healthy eating help students?

- a) They feel tired
- b) They concentrate better
- c) They sleep more

6. The word "balanced" means:

- a) unhealthy
- b) complete and healthy
- c) fast

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Questions:

7.The word "fatigue" means:

- a) energy
- b) happiness
- c) tiredness

8.The word "improve" means:

- a) make worse
- b) make better
- c) ignore

9.What is part of healthy habits?

- a) Drinking soda
- b) Drinking water
- c) Eating junk food

10.What is the main idea of the text?

- a) Junk food is the best option
- b) Healthy eating improves quality of life
- c) Students should not eat

ACTIVITY 2: True or False

Write T (True) or F (False):

- 1.Healthy eating only affects physical health ___
- 2.Fast food is always the best option ___
- 3.Junk food can cause health problems ___
- 4.Drinking water is part of healthy habits ___
- 5.Healthy eating has no effect on students' performance ___

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ACTIVITY 3: Matching Exercise

Match the concepts with their meanings:

Column A

1. Balanced diet
2. Junk food
3. Fatigue
4. Concentration

Column B

- a. Feeling very tired
- b. Eating different healthy foods
- c. Unhealthy food
- d. Ability to focus

