



Healthy Living Advice



If you want to avoid problems like **stomachache**, **sore throat**, **cough**, **toothache**, or even **fever**, you should eat **healthy food** instead of **junk food**.

A plate of **rice**, **meat**, and **potatoes** gives your body strength, while **too much unhealthy food** like **chips** can make you feel **tired and sick**.

Adding **fresh strawberries** is a smart choice because they protect your teeth and **keep you active and fresh**.

When you feel a sore throat, **drinking warm herbal tea can help you** and if you have a cough or fever, **resting well** is the best medicine.

And when you go out, **wearing a top, jumper, dress or abaya** makes you feel comfortable and confident throughout the day.

~ Questions ~

1. What is the main idea of the text?

- a) Eating junk food
- b) Wearing clothes
- c) Choosing healthy food and habits
- d) Comparing chips and strawberries



2. Which foods are mentioned as healthy options in the text?

- a) Only rice
- b) Chips and sweets
- c) Junk food and fast food
- d) Rice, meat, potatoes, and strawberries

3. What can happen if you eat too much unhealthy food?

- a) Feeling strong
- b) Feeling weak
- c) Feeling tired and sick
- d) Getting more energy

4. What should you do if you have a sore throat?

- a) You should eat chips
- b) You should eat junk food
- c) You should wear a jumper
- d) You should drink warm herbal tea

