

Reading Comprehension
CEFR Level: B1

Healthy Eating Habits

Eating healthily is one of the best ways to take care of our bodies and minds. A balanced diet includes fruits, vegetables, whole grains, proteins, and healthy fats. Nutritionists recommend eating at least five portions of fruits and vegetables every day because they contain vitamins, minerals, and fiber that help our bodies function properly.



Many people today eat too much processed food, which is often high in sugar, salt, and unhealthy fats.

This can lead to health problems such as obesity, diabetes, and heart disease. To eat more healthily, experts suggest cooking meals at home, reading nutrition labels, and drinking plenty of water instead of sugary drinks.

Breakfast is often called the most important meal of the day because it gives us energy after a night of sleep. Skipping breakfast can make it harder to concentrate at school or work. Small changes, like adding more vegetables to meals or choosing water over soda, can make a difference over time.

Developing healthy eating habits early in life helps people maintain a healthy weight and reduces the risk of illness in the future. It is never too late to start eating better.

Read the following questions and choose the correct answer:

1. How many portions of fruits and vegetables should people eat daily, according to the text?
2. Why is breakfast considered important?
3. What health problems can too much processed food cause?
4. What is one suggestion experts give for eating more healthily?

Read the sentences and write True or False:

1. A balanced diet only includes proteins and fats.
2. Drinking water instead of sugary drinks is a healthy habit.
3. It is too late to start eating better if you didn't start as a child.

Match the terms in column A with the definitions in column B

A	B
Balanced diet	Food changed from its natural state, often high in sugar and salt
Processed food	Vitamins, minerals, and other substances the body needs
Nutrients	A variety of foods eaten in the right amounts