Healthy and Unhealthy Food

Reading Comprehension · English A1 · Sixth year (8–10 years old)

Name: _____ Date: _____

Instructions: Look at the pictures. Read the text. Then answer the questions. Click or write your answers!

Look and learn!





LIVEWORKSHEETS

Read the text

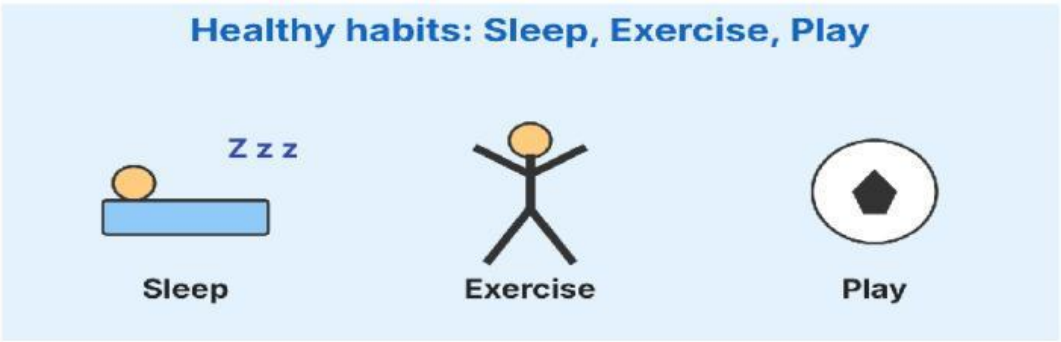


Meet Mia and Leo. They are friends.

Mia likes healthy food. She eats an apple and a banana every day. Her apple is fresh and her carrot is crunchy. At lunch, she eats rice, fish and broccoli. She drinks water and milk. She does not drink soda.

Leo likes unhealthy food. He eats a burger, fries and pizza. The fries are salty and fried. He loves candy, chocolate, a donut and ice cream. They are very sweet. He drinks soda every day.

Mia says, "Healthy food is good for your body. Unhealthy food is OK only sometimes." Now Leo eats a tomato and an egg for breakfast. He eats baked fish and fresh fruit. He also sleeps early, exercises and plays with Mia. Leo is happy and strong!



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