

Grade 7. Living Healthy.

1) Прочитай текст и отметь утверждения, которые соответствуют его содержанию (*true / false*)

We all know that healthy eating is very important for keeping fit. One of the healthiest types of food may be porridge. A bowl of traditional Scottish porridge will fill your stomach and give you energy for several hours. What is more, eating porridge regularly is able to cure a patient of certain stomach problems.

In Scotland people eat porridge with salt, but in England they prefer it with sugar and cream. Porridge is fairly easy to cook. Put one cup of porridge oats, one teaspoon salt and one cup of water in a pan. Cook for five minutes with more water if you want your porridge thin. Eat it with milk or cream. If you've made too much porridge, don't throw it away because it will be good and tasty the second day.

1. Porridge is the healthiest food people know.
2. We can live on porridge only and nothing else.
3. Sometimes porridge works like a medicine.
4. Porridge is popular in all parts of the UK.
5. To make porridge you need as much oats as you need water.
6. People often eat porridge cold on the second day.

2) Сделайте подписи к рисунку.

