Read the advices below



Paragraph 1

**Chocolates, sweets, cakes and ice cream** are all very delicious foods but are also rich with sugar. A little bit of sweets may not be dangerous but too much sugar can make you experience several health problems such as acne and heart disease. This is because eating foods which contains a lot or sugar can make you gain a lot of weight and can make you gain a lot of unhealthy fat in your body. You will also have difficulty to exercise and be active. This is why you should avoid from eating a lot of sugar.

**Example: Paragraph 1 talks about sugar**



Paragraph 2

Nowadays, whether it is **pizza, fries, burger, or hot dogs** we will always see their advertisement everywhere. But, even one serving of fast food has an effect on the health. Fast food is not healthy to be eaten regularly because this type of food can make you feel full faster for a short period of time. This is dangerous because whenever you feel full with fast food you are actually feeling full with unhealthy ingredients. Hence, your body cannot function properly with all the unhealthy ingredients from the fast food. This can also lead to headaches.

Paragraph 2 talks about _____



Paragraph 3

When was the last time you eat your vegetables? Some people may not favour vegetables but they do not understand how important it is to eat them. To be healthy, we need to eat a lot of vegetables and a variety of them as well. Different types of vegetables provide different types of health benefits. For example, **broccoli** can help build strong bones, **lettuce** can help improve eye sight, **carrot** can help build strong heart and many more. When we eat many different types of vegetables we can gain a lot of health benefits.

Paragraph 3 talks about _____

LIVEWORKSHEETS

Read the advices below



Paragraph 4

Fruits are tasty and juicy. Not only that, they help makes your body stronger in order to fight diseases. Fruits can act like a strong wall to protect your body from being sick. For example, fruits such as **oranges** are able to help our body from catching a cold or flu. Even if our body catches a cold, oranges can help us recover faster. In other words, fruits can make us stronger and become healthier. From **melons** to **pineapples** and many other varieties, there are many fruits to choose from. Always remember that an apple a day keeps the doctor away.



Paragraph 5

There are plenty of meat in the market such as **beef, chicken, turkey and lamb**. We need enough energy and eating meat provides us long-lasting energy for us to carry our daily routine. Whether it is for studying, going outside or exercising, these activities all requires enough energy to be carried out. Eating meat is required for us to have a healthy body but we need to be careful to not eat a lot of meat as it can be unhealthy. But, if you do not eat meat completely, your body will not have enough energy to even grow. This can make you become weak and it will be harder for you to even lift anything. Therefore, do not forget to add enough amount of meat in your diet.



Paragraph 6

Snacks does not have to be unhealthy such as chips, burgers, fries and many more. Snacks can also be healthy and tasty. We need to be very careful in our choice of snacks. Foods such as **yogurt** can be snacks too and we can add fruits in them as well. **Dark chocolates** are also considered as healthy snacks. Other healthy snacks include **apple slices with peanut butter, a piece of cheese, sweet potatoes** and many more. Healthy snacks can help us increase our energy and also improve our mood. Be smart when you pick your snacks.

Paragraph 4 talks about _____

Paragraph 5 talks about _____

Paragraph 6 talks about _____

LIVEWORKSHEETS

# TRUE OR FALSE?

Read the descriptions below and write which number of paragraphs they belong to. State whether the description is true or false.

Paragraph _____

1. Eating fruits can make our body stronger and this can make us fight against diseases even better or even get well faster if we are sick.

TRUE | FALSE

Paragraph _____

2. Eating a large amount of meat can provide our body with a lot of energy and keep us healthy.

TRUE | FALSE

Paragraph _____

3. Eating a lot of fast food can cause us to feel full for a moment with unhealthy ingredients.

TRUE | FALSE

Paragraph _____

4. Eating a variety of vegetables can help the body to gain many different health benefits.

TRUE | FALSE

Paragraph _____

5. Eating a lot of sugar can help us prevent from gaining too much weight.

TRUE | FALSE

Paragraph _____

6. All snacks are unhealthy. Therefore, it is better to avoid snacks completely.

TRUE | FALSE

LIVEWORKSHEETS

Reading Text



Paragraph 1

**Chocolates, sweets, cakes and ice cream** are all very delicious foods but are also rich with sugar. A little bit of sweets may not be dangerous but too much sugar can make you experience several health problems such as acne and heart disease. This is because eating foods which contains a lot or sugar can make you gain a lot of weight and can make you gain a lot of unhealthy fat in your body. You will also have difficulty to exercise and be active. This is why you should avoid from eating a lot of sugar.



Paragraph 2

Nowadays, whether it is **pizza, fries, burger, or hot dogs** we will always see their advertisement everywhere. But, even one serving of fast food has an effect on the health. Fast food is not healthy to be eaten regularly because this type of food can make you feel full faster for a short period of time. This is dangerous because whenever you feel full with fast food you are actually feeling full with unhealthy ingredients. Hence, your body cannot function properly with all the unhealthy ingredients from the fast food. This can also lead to headaches.



Paragraph 3

When was the last time you eat your vegetables? Some people may not favour vegetables but they do not understand how important it is to eat them. To be healthy, we need to eat a lot of vegetables and a variety of them as well. Different types of vegetables provide different types of health benefits. For example, **broccoli** can help build strong bones, **lettuce** can help improve eye sight, **carrot** can help build strong heart and many more. When we eat many different types of vegetables we can gain a lot of health benefits.

LIVEWORKSHEETS

Reading Text



Paragraph 4

Fruits are tasty and juicy. Not only that, they help makes your body stronger in order to fight diseases. Fruits can act like a strong wall to protect your body from being sick. For example, fruits such as **oranges** are able to help our body from catching a cold or flu. Even if our body catches a cold, oranges can help us recover faster. In other words, fruits can make us stronger and become healthier. From **melons** to **pineapples** and many other varieties, there are many fruits to choose from. Always remember that an apple a day keeps the doctor away.



Paragraph 5

There are plenty of meat in the market such as **beef, chicken, turkey and lamb**. We need enough energy and eating meat provides us long-lasting energy for us to carry our daily routine. Whether it is for studying, going outside or exercising, these activities all requires enough energy to be carried out. Eating meat is required for us to have a healthy body but we need to be careful to not eat a lot of meat as it can be unhealthy. But, if you do not eat meat completely, your body will not have enough energy to even grow. This can make you become weak and it will be harder for you to even lift anything. Therefore, do not forget to add enough amount of meat in your diet.



Paragraph 6

Snacks does not have to be unhealthy such as chips, burgers, fries and many more. Snacks can also be healthy and tasty. We need to be very careful in our choice of snacks. Foods such as **yogurt** can be snacks too and we can add fruits in them as well. **Dark chocolates** are also considered as healthy snacks. Other healthy snacks include **apple slices with peanut butter, a piece of cheese, sweet potatoes** and many more. Healthy snacks can help us increase our energy and also improve our mood. Be smart when you pick your snacks.

LIVEWORKSHEETS

# Can you help me?

## Nora



I keep getting sick. My body feels weak and whenever I get sick, it takes a long time for me to recover as well. I love eating snacks and I eat them frequently. But my snacks do not even help me gain energy.

## Jerry



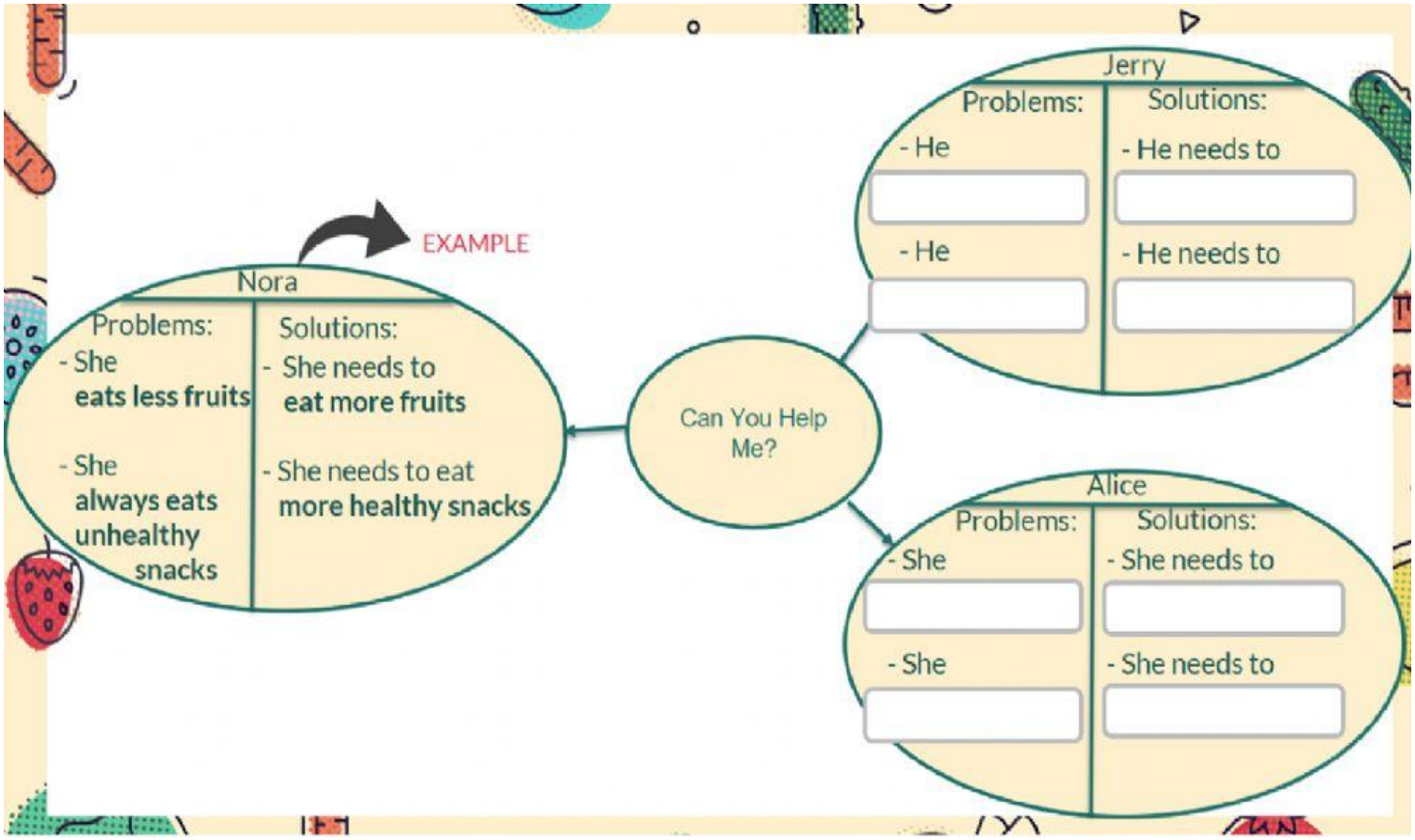
I am gaining a lot of weight recently. It is hard for me to be active and all I do is lay in bed and eat. I do not even want to go outside and exercise because my body feels heavy. I do not even have the energy to lift anything. I feel tired during the day. I do not even have the energy to study.

## Alice



I love Mc Donald's burger. I always eat this fast food but I only feel full for a short amount of time because I will feel hungry again afterwards. I also have constant headache. My eye sight is not clear and it is getting worst.

LIVEWORKSHEETS




| | | | |
|---|---|---|---|
| eats less fruits | eats a lot of sugar | eat less sugar | eat enough meat |
| does not eat enough meat | eats a lot of fast food | eat more fruits | eat less fast food |

LIVEWORKSHEETS