

Reading Comprehension

HEALTHY AND UNHEALTHY FOOD

Healthy food is tasty and good for you. You need it to grow and feel good. You can find grains in bread and rice. Milk, cheese and yogurt are also important. These will give you strong bones. Meat, egg, fish and nuts give you protein. Fruit and vegetables are good to eat. Eat as many as you can every day. Chips and cookies are tasty, but eat only some at a time. When you eat healthy food, your body will thank you!

1 Is healthy food good for you?

- A. Yes, it is healthy.
- B. No, it is not healthy.

2 Where can you find grains?

- A. Milk, cheese and yoghurt.
- B. Bread and rice.

3 Why do milk, cheese and yogurt are important?

- A. Because it will give you strong bones.
- B. Because it will give you strong body.

4 When should we eat vegetables?

- A. Once every week.
- B. Every day.

5 How many times should we eat chips and cookies?

- A. Some at a time
- B. Every day.