It's important for people to eat as much as they need to give them energy. If they eat too little food or the wrong food they won't have enough energy. If they eat too much, they will need to take more exercise; otherwise they will put on weight. When we eat the correct quantity of food for the exercise we take, we call this the energy balance.

Fat is very high in calories, and so is no help at all in keeping energy balance. Fat has also been linked with heart disease, and many experts believe that eating less would help to reduce **it**.

Sugar isn't good for the energy balance either. The only value of the diet is to provide energy, and you can get **that** from other foods. There's no doubt that too much sugar makes you fat and **it** doesn't do your teeth much good either.

Fibre, on the other hand is something that we eat too little of. One of the simplest ways of eating more fibre is to eat more bread, particularly whole meal, granary, or high fibre bread .It's a good, cheap source of fibre and nutrients without too many calories .Potatoes are good, too. Like bread, they are underrated, but they're excellent for filling you up without making you fat, especially if you don't cover **them** with butter or fry them in fat.

So eat less fatty food (sweets, chocolate, cakes pudding, jam) and eat more fibre foods (bread, potatoes, pasta, fresh fruit and vegetables).

Comprehension.

A-Are these sentences true or false?.

1-People won't need to exercise if they eat too much. ----------

2-When people eat too much they put on weight. ----------

3-Eating less fat would cause heart attacks. ----------

4-Sugar provides energy, but it causes obesity. ----------

5-Fibre foods are good for the energy balance. ----------

B-Answer these questions.

1-Give a title to the passage. ----------

2-Why is exercising necessary for good health?

3-What does "the energy balance" mean?

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4-What are fatty foods? Give examples.

5-What are fibre foods? Give examples.

C-What do the underlined words in the text refer to?

1-it ----------

2-that ----------

3-it ----------

4-them ----------

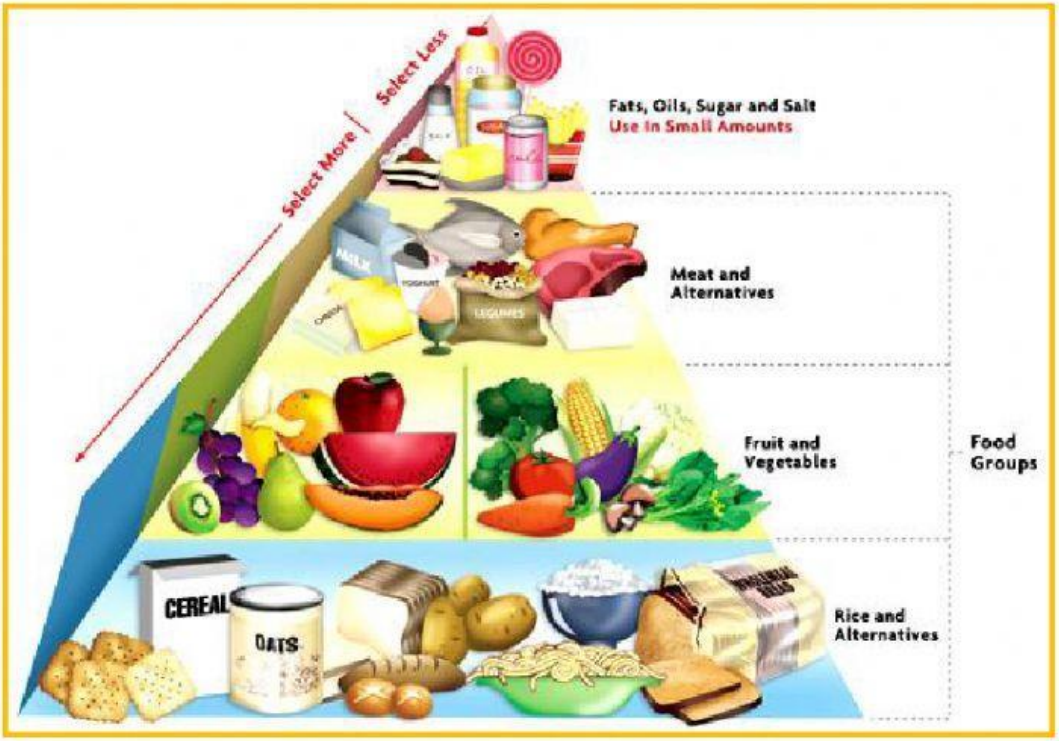
D-Find in the text words that mean almost the same as:

1-will be fat (paragraph 1) ----------

2-decrease and diminish (paragraph 2) ----------

3-give and supply (paragraph 3) ----------

4-cook food in hot oil or fat (paragraph 4) ----------



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