

## Topic 5

# EATING RIGHT



### A Reading and Understanding.

Read the passage below and note the important points.

Eating is important in our life. However, we must always be aware of what we are eating. We should always eat healthy and nutritious food.

If we eat or drink more than what our body needs, then we will put on weight. This is because the energy that we do not use is turned into fat and stored in our body. Too much fat in our body can be bad for our health. However, it is also not advisable to eat or drink too little because when our fats are being used up totally, we begin to lose weight.

A healthy diet may include carbohydrates, vitamins and minerals. Food such as fruits, grains, vegetables and a small amount of meat and fish are good for our health. We must also limit the consumption of too much sugar and salt in our food.

By eating good and healthy food and with the correct amount, we can lose weight and stay more active. We can say 'goodbye' to sickness like 'diabetes' and 'high-blood -pressure.'

Therefore, you are advised to follow strict dietary rules to stay healthy always. Do not forget to exercise regularly to keep healthy.





### Vocabulary

B The following words are found in the topic. Find out their meanings and match them correctly.

- |             |                |              |
|-------------|----------------|--------------|
| 1. omelette | 6. pasta       | 11. pizza    |
| 2. carton   | 7. dessert     | 12. festival |
| 3. crisps   | 8. snack       | 13. habits   |
| 4. cereal   | 9. chefs       | 14. amazing  |
| 5. salad    | 10. ingredient | 15. fresh    |

- |  |                          |
|--|--------------------------|
| The sweet course eaten at the end of a meal                        | <input type="checkbox"/> |
| Thin slices of potato chips that have been deep fried              | <input type="checkbox"/> |
| A professional cook in a restaurant or hotel                       | <input type="checkbox"/> |
| A regular way of doing something usually                           | <input type="checkbox"/> |
| A food made from wheat flour, water and eggs served with sauce.    | <input type="checkbox"/> |
| A dish of Italian origin   | <input type="checkbox"/> |
| A food made of beaten eggs and cooked in a frying pan.             | <input type="checkbox"/> |
| Something still not stale and still can be eaten.                  | <input type="checkbox"/> |
| A box or container usually made from cardboard.                    | <input type="checkbox"/> |
| A small amount of food eaten between meals and at irregular hours. | <input type="checkbox"/> |
| A chilled dish of mixture of cooked vegetables                     | <input type="checkbox"/> |
| Items combined together to make a particular dish                  | <input type="checkbox"/> |
| A day of celebration for various reasons                           | <input type="checkbox"/> |
| Causing a great surprise or wonder                                 | <input type="checkbox"/> |
| A grain used for food, such as oats and nestum                     | <input type="checkbox"/> |