Match the words/phrases with their meaning

1. DIET
2. EXPERT
3. TIP
4. JUNK FOOD
5. STAY IN SHAPE

an advice on how to do something quickly and successfully, usually from one's own experience.

be fit and healthy.

someone who has studied a lot about a subject or topic and understands it well.

the food that you eat on a daily basis.

usually convenience food like Mc Donald, KFC ...

Read the text and choose the best answer to each question

We need calories or energy to do the things we do every day: walking, riding a bike, and even sleeping! We get calories from the food we eat. If we eat too many, we can get fat. If we don't eat enough, we feel tired and weak.

People should have between 1,600 and 2,500 calories a day to stay in shape. Sports and activities like riding a bike and running use a lot of calories. Sleeping and watching TV use less. Do you think you are eating more or less calories than you need?

Dr. Dan Law is a diet expert. He knows exactly how much people need to eat, so many people listen to his advice. His calorie tips? Eat less junk food, and count your calories if you're becoming fat.

LIVEWORKSHEETS

1. What is a calorie?

2. What happens when we have too many calories?

3. What is a healthy number of calories per day?

4. Which activity uses a lot of calories?

5. Why do people listen to Dr. Law's advice?

LIVEWORKSHEETS