

## Unit 4: Reading Exercises

**A. Understand from context. Find the following words and phrases in the Reading and match them with their meanings.**

1) _____ "Veggies"	a) the amount you eat at one time
2) _____ "skip" or "avoid"	b) not choose
3) _____ "portion"	c) Vegetables
4) _____ "split" or "shake"	d) choice
5) _____ "option"	e) order one dish for two people

**B. Now use the words to write your own sentences**

1. \_\_\_\_\_.
2. \_\_\_\_\_.
3. \_\_\_\_\_.
4. \_\_\_\_\_.
5. \_\_\_\_\_.

**C. Infer Information.**

a. Which suggestions help you avoid eating too much fat?

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b. Which ones help you avoid too much sugar?

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**D. Select which of the foods below are healthy and which are not**

Pizza	Candy	Apple	Tomato
Carrot	Fries	Fried Chicken	Ice cream

Healthy Food	Unhealthy Food