

Unit 4: Reading Exercises

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

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|-----------------------------|-----------------------------------|
| 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?

b. Which ones help you avoid too much sugar?

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