

FOOD AND HEALTH

Doctors tell us to eat more fruits and more vegetables. They tell us to drink more water and less fizzy drinks. But do we listen?? No, we continue to eat lots of junk food like pizza, sweets, chips, cakes and biscuits. We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body.

Unhealthy food makes your body unhealthy. When you get older, you start to have a lot of problems like heart diseases. We only think that burgers taste better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French Fries and fizzy drinks may be delicious but they haven't got enough vitamins and minerals. Your body needs vitamins and minerals to grow healthy. Healthy food gives our body the vitamins and the minerals it needs.

People eat junk food because it is tasty but everybody can have a tasty meal at home. The only problem is that buying fresh products and cooking takes time. And people prefer to spend time doing other activities such as watching films, meeting friends, walking in parks and so on. I also like to do these activities but I am very careful of my body. If you want to be healthy, you should eat healthy food every day!!

TASK A: Match the following words with their meanings correctly.

- | | |
|-----------------|--|
| 1. Continue | A. things in food that are useful for body |
| 2. Fizzy Drinks | B. to keep doing something |
| 3. Junk Food | C. illness |
| 4. Disease | D. fast food |
| 5. Tasty | E. to have a very strong and pleasant flavor |
| 6. Minerals | F. something you make to sell |
| 7. Product | G. soft drinks |

TASK B: Read the questions and choose the correct answers.

- Why do people eat junk food?
A. Because it's good for health. B. Because it's is easy to cook.
C. Because it's really delicious to eat. D. Because they like lots of fats and sugar
- What will happen if you eat junk food often?
A. We can maintain a healthy lifestyle. B. A lot of good things will happen to our body.
C. It makes our body unhealthy. D. Our body will have enough vitamins and minerals.
- What does your body need to grow healthy?
A. Starch molecule B. Fat molecule C. Vitamins and minerals D. Cholesterol

4. What should you do if you want to be healthy?

A. eat a lot of junk food daily

B. avoid doing exercises

C. eat healthy food like pizza and French fries.

D. eat healthy food like fruits and salad.

5. What activities do people like to do?

A. Watching films, meeting friends and walking in parks

B. Doing gymnasium and aerobics at the recreational park.

C. Sleeping the whole night and playing with gadgets every day.

D. Watching films, doing gymnasium and walking in parks.

TASK C: Read the passage and decide whether the following statements are True / False

	True	False
1. People buy fast food because cooking will take time.		
2. Doctors advise us to eat more fruits and drink more soft - drinks.		
3. Bad things will happen to our body if we often eat unhealthy food.		
4. Vitamins and minerals needed for our body comes from junk food.		
5. People think that juice made at home is more tasty than that at the supermarket.		
6. People like walking in the park more than cooking.		