READING

READ THE TEXT CAREFULLY AND ANSWER THE FOLLOWING QUESTIONS:



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!

LIVEWORKSHEETS

TASK A

MATCH THE FOLLOWING WORDS WITH THEIR MEANINGS:

WORDS	MEANINGS
Continue	The flavour of something
Fizzy Drinks	illness
Junk Food	To keep doing something
Disease	Things in food that are useful for body
Taste	Fast food
Minerals	Soft drinks
Products	Something you make to sell

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TASK B

READ THE QUESTIONS AND CHOOSE THE CORRECT ANSWER:

1) Why do people eat junk food?

   A. It is because junk food is good for your health.
   B. It is because junk food is easy to cook.
   C. It is because junk food is really delicious to eat.

2) What will happened if you eat junk food often?

   A. It enables us to maintain a healthy lifestyle.
   B. It makes our body unhealthy.
   C. It helps to boost energy level in our body.
   D. It helps our blood circulation to function efficiently.

3) What does your body need to grow healthy?
   A. Fat molecule.
   B. Starch molecule.
   C. Vitamins and minerals.
   D. Cholesterol.

4) What should you do if you want to be healthy?
   A. I should avoid doing exercises.
   B. I should eat a lot of junk food daily to be healthy.
   C. I should practice eating healthy food like fruits and salad.
   D. I should eat healthy food like pizza, burger and French fries.

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 parks.
   C. Sleeping the whole night and playing with gadget every day.

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