Academia de Idiomas

NAME: _____

My lifestyle

I am part of an excellent program which helps me to lose weight. My lifestyle is changing a lot because I cannot have loads of carbohydrates and fast food, this is one of the most important advice that the dietician tells me every week. I love fast food, although it is not as healthy as fruit or vegetables.

Firstly, eating "high-calorie food" has negative consequences. When a person consumes more food than necessary, he or she can get tired easily. One example is at the moment you try to go upstairs; that happened to me, and I felt dizzy, so I started to change my eating habits. It is important to know what type of meat you can eat and the portion that your body needs every day. I can have two small pieces of red or white meat twice a week.

Secondly, nowadays I am doing sports such as basketball and baseball. This month I am drinking a special beverage; it is made of beet, lemon juice and boiled water. It is not the best flavor; however, I feel much better after I drink all the mixture of ingredients. In the mornings, I go to the park to do exercise from six to eight a.m.

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Right now, I am having a delicious green salad because I am in the school, and it is lunch time.
Finally, my new way of eating and enjoying meals is very important in my life. I have been in different healthy programs but now I am thinking that this is not as bad as the other ones. Definitely I am in the best one. I hope you join us as soon as possible. We are waiting for you

I)Decide if the following statements are true, false, or not mentioned by choosing the appropriate option

1.The person who is in this program does not have different lifestyle.

TRUE	FALSE	NM

2. Fast food is not recommendable in this program because it is very expensive.

TRUE	FALSE	NM

3. When a person eats a lot of calories, he or she can feel unwell.

TRUE	FALSE	NM

4. The beverage always tastes salty and bitter at the moment the person drinks it.

TRUE	FALSE	NM

5. Other healthy programs are as bad as this one according to the information.

TRUE	FALSE	NM

LIVEWORKSHEETS