

# THE HEALTHY FOOD

READ THE TEXT CAREFULLY AND ANSWER THE FOLLOWING QUESTIONS



Doctors tell us to eat more fruit 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 pizzas, 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 your body. Unhealthy food makes our body unhealthy. When you get older you start to have a lot of problems like heart **diseases**. But most of us don't think much about the future. We only think about today. We only think that hamburgers taste better than salad. We think that the juice we buy in 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**. But your body needs vitamins and the minerals!

People eat junk food because it's tasty, but everybody can have a tasty meal at home. The only problem is that buying **fresh products** and cooking them takes time. And people **prefer** to spend time doing other activities, such as watching films, meeting friends, walking in the parks etc. I also like doing 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.**

**Words**

1. Continue

2. Fizzy Drinks

3. Junk Food

4. Disease

5. Taste

**Meanings**

illness

The flavour of something

To keep doing something

Fast food

Soft drink

## TASK B

Read the questions and choose the correct answers.

### 1. Why do people eat junk food?

- It is because junk food is good for health.
- It is because junk food is easy to cook.
- It is because junk food is really delicious to eat.

### 2. What will happen if you eat junk food often?

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

### 3. What does your body need to grow healthy?

- Fat molecule
- Starch molecule
- Vitamins and minerals
- Cholesterol

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

- I should avoid doing exercises.
- I should eat a lot of junk food daily to be healthy.
- I should practise eating healthy food like fruits and salad.
- I should eat healthy food like pizza, burger and French fries.

### 5. What activities do people like to do?

- Watching films, meeting friends and walking in parks
- Doing gymnasium and aerobics at the recreational park.
- Sleeping the whole night and playing with gadgets every day.