Health Habits Healthy you!

Saber Test - Part 7

Read the text and choose the correct answer (a-d) for each gap (1-5).

What is a healthy balanced diet?

1. _____ is very important for all age groups to provide us with enough energy and appropriate nutrients to maximise health. The Eatwell Plate is a government initiative designed to help individuals to visualise what a balanced diet looks like for each 2. _____ and to guide individuals to hopefully incorporate the same balance of foods into everyday eating practises.

Balanced healthy eating for good health

We must consume food from all the food groups to achieve the right balance of good health and 3. _____ all nutrients in the correct amounts that we need to maximise our health. Consuming this variety of food will help us maintain a healthy body weight, and prevent/reduce a number of diet related diseases including heart disease, some cancers, osteoporosis and diabetes.

It is important to 4. _____ your dietary intake choosing food from all food groups, although not necessarily at every mealtime, but balanced over the whole day and over the week.

The Eatwell Plate is a relatively easy model to understand, it graphically quantifies what your plate should 5. _____ at each meal, breaking the plate into various segments, showing how much of each food group is required.

1. a. food	**b.** potatoes	**c.** fast food	**d.** vegetables
2. a. food	**b.** meal	**c.** day	**d.** portion
3. a. reduce	**b.** lose	**c.** consume	**d.** obtain
4. a. forget	**b.** vary	**c.** very	**d.** prevent
5. a. look	**b.** like	**c.** look like	**d.** omit

Saber Test - Part 6

Read the complete text again and select the correct option to answer questions 6-9.

6. According to the text, The Eatwell Plate…

a. It's an official plan to help people improve their eating habits

b. It's a social networks movement to invite people to follow a diet

c. It's an invitation to show what you eat.

d. It's a young age group trend to be fit

7. It can be inferred from the text that if you **do not** have a healthy diet…

a. You can maximise your health

b. You will obtain energy and nutrients

c. You can get sick

d. You can lose weight

8. What is the writer trying to do in this article?

a. Convince people to go on a diet.

b. Invite people to eat fruits and vegetables.

c. Inform people about *the Eatwell plate initiative* and its importance.

d. Encourage people to show how their food look like.

9. What can the reader find out from **this text**?

a. That different age groups should have a different diet.

b. That there is guide to help you have a healthy diet.

c. That eating too much sugar can cause diabetes.

d. That you need to eat more meat than vegetables.

Saber Test - Part 2

Read the description of the left column (10-15) and match it to the word in the right column (a-i). There are three extra options.

10. This fruit can be red or green. It's famous due to a fairy tale.

11. This vegetable can be red, green or yellow. It is hollow inside but has small seed.

12. This meat comes from an animal that also gives us milk.

13. This is a very popular dessert.

14. This is the most common Colombian food. It is also widely eaten by the Japanese and Chinese.

15. This dairy product is one of the most important ingredients in pizzas.

a. Avocado

b. Beef

c. Cake

d. Cheese

e. Pepper

f. Pork

g. Apple

h. Rice

i. Strawberry