

Name _____

Date _____

READING**1** Read the article. Then match the parts of the sentences. There are two extra parts.**Did you know ... ?**

We all need healthy food, and lots of vitamins. Fruit and vegetables are important, but other things are healthy, too! Don't be scared to eat things you like, sometimes.

Here's a surprise. Chocolate is good for you! Everybody knows that milk chocolate has got lots of sugar in it. But dark chocolate contains 70–80% cocoa, and doesn't have much sugar. It contains chemicals called 'flavonoids' that help the body in lots of ways, and stop us being ill.

Is coffee good for us? Well, it's unhealthy to drink it before we go to bed! And too much coffee can make you upset. But some scientists say that drinking coffee in the morning or afternoon can help us remember things. Some people also say that it's good to drink coffee before you do exercise, to help you run faster, for example.

Potatoes are a popular vegetable, but not many people think they're healthy. Fried potatoes are delicious, but often fatty. If possible, eat boiled potatoes instead. Also, did you know that the outside part of the potato, the peel, is healthy and contains lots of vitamin C? Many people don't eat it. So next time, don't throw away the peel!

Here's another surprise. You know popcorn, that delicious food you eat at the cinema? Well, it has got lots of 'phytonutrients', a chemical that is in lots of other food, like tomatoes, broccoli and other green vegetables. But be careful! Popcorn has sometimes got lots of sugar, salt or oil on it. So don't eat too much.

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|--|--------------------------|-------------------------|
| 0 It's important to have a lot of | <input type="checkbox"/> | a vitamin C. |
| 1 You shouldn't be worried about eating | <input type="checkbox"/> | b good things in it. |
| 2 Milk chocolate has got too much | <input type="checkbox"/> | c fried potatoes. |
| 3 Dark chocolate has got a lot of | <input type="checkbox"/> | d boiled potatoes |
| 4 It's not good to have too much | <input type="checkbox"/> | e bad things in it. |
| 5 Don't eat too many | <input type="checkbox"/> | f sugar in it. |
| 6 Potatoes with no peel haven't got enough | <input type="checkbox"/> | g not enough vitamins. |
| 7 Popcorn has often got too many | <input type="checkbox"/> | h coffee. |
| | | i fruit and vegetables. |
| | | j things you like. |

2 Read the article again. Mark the sentences T (true), F (false) or DS (the article doesn't say).

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|--|--------------------------|
| 0 Fruit and vegetables are the only healthy food. | <input type="checkbox"/> |
| 1 The sugar in chocolate is healthy. | <input type="checkbox"/> |
| 2 Children eat too much chocolate. | <input type="checkbox"/> |
| 3 It's not good to drink coffee all the time. | <input type="checkbox"/> |
| 4 Coffee can help people doing sport. | <input type="checkbox"/> |
| 5 There isn't any sugar in potatoes. | <input type="checkbox"/> |
| 6 People usually eat the healthy part of the potato. | <input type="checkbox"/> |
| 7 Popcorn is popular because it isn't expensive. | <input type="checkbox"/> |
| 8 Popcorn is often unhealthy. | <input type="checkbox"/> |