

ET 4 READING UNIT 3

READ THE PASSAGE.

I feel great!

I learned about healthy habits. Now I know what I should do to feel good. The first thing I should do is eat healthy foods. Healthy foods, like fruits and vegetables, have a lot of vitamins that my body needs. I learned that organic foods have even more good things for my body. I didn't use to like healthy foods. I ate a lot of junk food. I used to eat a piece of cake every day. My mom can make healthy foods taste really good. I like healthy foods more than junk food now.

The second thing I should do to feel good is exercise. I used to feel tired a lot. I learned that if you exercise, you will have a lot of energy. I don't like jogging, but I do other things for exercise. Sometimes I play basketball with my friends. On some days I dance and have fun. My mom says that as long as I'm active, then I am exercising. She says I shouldn't watch a lot of TV. It will make me lazy. I'm glad I learned about healthy habits. I feel great.

Answer the questions.

- 1- What is the story mostly about?
 - a. Jogging
 - b. Healthy habits
 - c. Junk food

2- Which of these foods are healthy foods?

- a. Vitamins
- b. Hamburgers and fries
- c. Fruits and vegetables

3- What kinds of foods have a lot of vitamins?

- a. Organic foods
- b. Hamburgers and fries
- c. Energy

4- What should you do to have more energy?

- a. You shouldn't eat healthy food.
- b. You should watch a lot of TV.
- c. You should exercise.

5- What did you learn about healthy habits? How will this help you?

