

9º ANO
INGLÊS
YOU ARE WHAT YOU EAT

BEFORE READING

Leia as definições abaixo.

JUNK FOOD is the term used to describe food and drinks low in nutrients (e.g. vitamins, minerals and fibre) and high in kilojoules, saturated fat, added sugar and/or added salt.

HEALTHY FOOD is any natural food popularly believed to promote or sustain good health, as by containing vital nutrients, or having a low sodium, sugar or fat content.

1. Nomeie os alimentos abaixo com as palavras da caixa e classifique-os escrevendo A para “junk food” ou B para “healthy food”.

hamburger - ice cream - carrots - fish - candies - French fries - salad - beef - juice - milk - soda - rice



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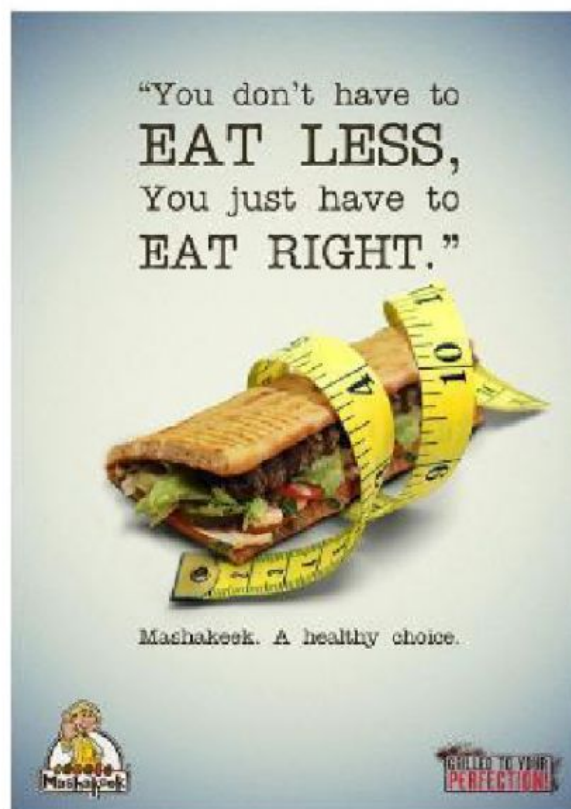
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WHILE READING

2. Observe o texto abaixo para responder as questões que seguem.



a) This text is

- () a book cover.
- () a cartoon.
- () an ad.

b) The main objective of the text is to

- () promote healthy habits.
- () sell food.
- () teach people to cook.

c) Which of these ideas does the tape measure express?

- () It shows that the product is big enough to feed a person.
- () It suggests that the product makes people fat.
- () It tries to link the ideas of body shape and health.

d) What is the main claim in this text?

- () Their food is cheap.
- () Their food is nutritious.
- () Their food is tasty.

3. Leia o infográfico abaixo e escreva V (verdadeiro) ou F (falso) para as afirmações que seguem.



- () De acordo com o infográfico a maioria europeus têm hábitos alimentares saudáveis.
- () O consumo de gordura saturada e açúcar em boa parte da Europa está acima do que recomenda a OMS.
- () Todos os países europeus consomem uma quantidade moderada de sal por dia.
- () A obesidade é um grande problema na maioria dos países da Europa.
- () O infográfico sugere que as informações nutricionais dos alimentos deveriam ser mais visíveis.
- () A população mais jovem não costuma consumir muito açúcar.

4. Relacione as colunas para formar frases verdadeiras de acordo com o infográfico.

A. If there is nutrition counselling in primary care,...

B. Policies for healthy school food...

C. Restricting food marketing to children...

D. Visible product labelling...

() ... can help avoid them eating unhealthy food.

() ... children will be able to talk about their eating habits, needs and disorders.

() ... helps guarantee that consumers will know what they are buying and eating.

() ... can guarantee that students eat properly.

AFTER READING

5. O infográfico menciona alguns problemas de saúde causados por hábitos alimentares não saudáveis. Relacione as doenças causadas pela má alimentação às suas definições.

A. obesity

B. high blood pressure

C. high cholesterol

D. heart attack

E. diabetes

F. cancer

() It is when you have too much of a fatty substance in your blood.

() It is a disease that occurs when your blood glucose, also called blood sugar, is too high.

() A term for diseases in which abnormal cells divide without control and can invade nearby tissues.

() It is a medical condition in which excess body fat has accumulated to the extent that it may have an adverse effect on health.

() It happens when the flow of oxygen-rich blood to a section of heart muscle suddenly becomes blocked and the heart can't get oxygen.

() It is a common condition in which the long-term force of the blood against your artery walls is too high.