



MY EVIDENCE 1 - UNIT 7

READING COMPREHENSION AND GRAMMAR

D



HEALTHY FOOD



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 our body. Unhealthy food makes your 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 from 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. Your body needs vitamins and minerals to grow healthy. Healthy food gives our body the vitamins and the minerals it needs.

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 to do these activities, but I am very careful of my body. If you want to be healthy, you should eat healthy food every day.

1. READ AND CHOOSE THE CORRECT ANSWER.

1. What do you think could be the causes people do not have good eating habits?

a. People don't think about their future health.

b. Everybody has a tasty meal at home .

c. Unhealthy food makes your body healthy.

2. What does your body need to grow healthy?

a. Walking in the park.

b. Having a tasty meal at home.

c. Food with enough minerals and vitamins.

3. What should you do if you want to be healthy?

- a. I should spend time doing other activities.
- b. I should eat healthy food such as fruits and vegetables.
- c. I should eat food such as fizzy drinks, burgers and french fries.

II. READ AND MATCH

a. Junk food	<input type="checkbox"/>	illness like cancer and toothache.
b. Fizzy drinks	<input type="checkbox"/>	fast food.
c. Disease	<input type="checkbox"/>	delicious.
d. Minerals	<input type="checkbox"/>	soft drinks like cola.
e. Tasty	<input type="checkbox"/>	things in food that are useful for your body.

III. CHOOSE THE CORRECT ANSWER

1. The weight is (heavy).

- a. heavy enough
- b. too heavy
- c. enough heavy

2. The man isn't (strong)

- a. too strong
- b. enough strong
- c. strong enough

3. When I was a child I lived in two different houses. The first one / ones was lovely. The second one / ones wasn't very nice, but it was in a nice location and there were six bedrooms. I used the one / ones on the second floor. The other one / ones were on the first floor.

4. It was a boring party because there weren't people there.

- a. much
- b. a little
- c. many

5. I'd like milk in my coffee, please.

- a. a few
- b. a lot of
- c. much