



MY EVIDENCE: Reading and Grammar - Unit 7



Fast food

How healthy is it?

It's fast, it's cheap, it's tasty. Everybody loves it! But how good is it for us? Here's what two experts, Peter Swain and Rosalind Mack have to say.

Do you feel like a juicy burger? Well, it's OK. Fast food isn't that bad for you. Remember we need protein in our diet to be strong and healthy, and our body needs a little fat, too. Also, eating a few fries every now and then doesn't make you unhealthy. Potatoes are rich in carbohydrates and they give you energy. Just don't overdo it with fried food. For some vitamins, choose a fresh salad with olive oil. Nowadays, most fast food places have salad bars. So, don't avoid fast food completely. Eating too much of it is unhealthy.

Peter Swain

Fast food is junk food. It's full of fat, salt and sugar, and it doesn't contain many vitamins. Many teenagers have made fast food a regular part of their diet and are overweight. Also, they don't exercise enough, so at some point, they will probably have health problems. Teens need to avoid fast food. They should eat home-cooked meals and lots of salads. They should drink lots of milk instead of soft drinks. Milk and dairy products are rich in protein and calcium and are necessary for healthy teeth and bones.

Rosalind Mack

I. READ AND CHOOSE THE CORRECT ANSWER.

1. Why does everybody love fast food?

- a. Because it's fast, expensive and healthy.
- b. Because it's fast, cheap and tasty.
- c. Because it's cheap, tasty and healthy.

2. What does Peter Swain think of fast food?

- a. He thinks that eating too much of it is unhealthy.
- b. He thinks that eating too much of it is healthy.
- c. He thinks that teens need to avoid fast food.

3. According to Rosalind Mack, what does fast food contain?

a. It contains full of fat, salt and sugar.

b. It contains a little fat, carbohydrates and energy.

c. It contains many vitamins, carbohydrates and salt.

4. Why are milk and dairy products necessary for ?

a. Because they are rich in protein and calcium for healthy teeth and bones.

b. Because they are rich in vitamins and sugar for healthy teeth and bones.

c. Because they are rich in protein and carbohydrates for unhealthy teeth and bones.

5. What should teenagers do to change their diet?

a. They shouldn't avoid fast food , eat home- cooked meals and a lot of salads and drink lots of soft drinks instead of milk.

b. They shouldn't eat home-cooked meals, a lot of salad bars and drinks lots of milk instead of soft drinks.

b. They should avoid fast food , eat home-cooked meals and lots of salads and drink lots of milk instead of soft drinks.

II. CHOOSE THE CORRECT ANSWER

6. 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.

7. He doesn't have **money enough** / **enough money** to buy that car. (money)

8. It is **too expensive** / **expensive too** . (expensive).

9. This book has **many** / **a lot of** information about technology.

10. There is **a little** / **a few** juice in the jar.