2. Match the titles (1-5) to the texts (A-D). There is one extra title.

1. A National Dish
2. A Daily Menu
3. A Healthy Snack
4. A Good Start
5. An Unhealthy Food

A. Breakfast is a very important meal. If you have it at home, choose milk, yoghurt, fresh fruit and cereal. These low-fat foods can give you energy for the whole day. They also contain a lot of vitamins and minerals you need. Children who eat a healthy breakfast study better. They are more active, creative, and concentrate better all day long.

B. You can get hungry at school between meals or classes. So what should you do? Instead of a sandwich on white bread, a bag of chips, and cookies try to have something healthier. For example, some low-fat yoghurt, nuts or a whole-grain sandwich with lean meat. It is also better to have water and not juice, because most juices are full of sugar.

C. Gazpacho is a cold tomato soup typical of the south of Spain. It originated there. In cities like Seville and Córdoba summer temperatures are over plus 38°C and gazpacho /gæzˈpætʃəʊ/ is the best choice for cooling down quickly. There are various versions of gazpacho all over Spain, but the basic ingredients are tomatoes, cucumbers, onions and olive oil. Other gazpacho recipes include pepper, bread, garlic and vinegar.

D. French fries are full of salt and calories. Even a small serving from popular fast food cafés contains about 350 calories. And this leads to putting on weight. What's

more, French fries are loaded with fat. Frying robs the vegetables of their natural nutritional value. To make matters worse, many restaurants prepare fried foods using unhealthy artificial oils that contain bad fats.

Text	A	B	C	D
Title				