Grade: 5 **Reading: part 1**

Latifa's Email

Hi Huda,

I'm emailing you to tell you about different types of food. Everyone knows that we should not have too many sweets, but what should we eat?

Vegetables are a healthy choice. You should always eat plenty of them every day. A few of my favourites are peppers, carrots and broccoli. Peppers are red, yellow, or green. I like carrots the most. Carrots are usually orange and are a very healthy snack.

Fruit is another healthy food that also tastes delicious and sweet. There are many kinds of fruit like apples, bananas, tomatoes and oranges. I like bananas and oranges, but apples are my favourite.

We should also eat some dairy, which includes food like cheese, butter and yoghurt. Eating too much dairy can be unhealthy though, so be careful not to eat too much.

Some people eat cakes, ice cream and sweets every day. I think it is okay to eat cakes, ice cream and sweets as a treat sometimes. There is too much sugar in these types of food for me, so I never eat them.

Your friend,

Latifa

Part 1. Read the email from Latifa to Huda about different types of food. For questions 1 - 5, choose the correct answer A, B or C.

1. How does Latifa describe vegetables?

A a sweet snack

B beautiful and bright

C colourful and healthy

2. Which orange vegetable does Latifa like?

A carrots

B oranges

C peppers

3. What does Latifa think about eating dairy food?

A Eating a little butter is unhealthy.

B Eating too much cheese is unhealthy.

C Eating a lot of yoghurt is healthy.

4. How often does Latifa think people can eat cakes?

A never

B every day

C sometimes

5. Why is Latifa emailing Huda?

A To tell her about healthy vegetables.

B To tell her about healthy food.

C To tell her about healthy sweets.