

# EATING HABITS

1 Połącz wyrazy podkreślone w tekście z poniższymi definicjami.

- A become ill
- B completely following the rules
- C happening every day
- D fizzy drinks
- E substances added to food or drink to make it sweet
- F grains that you eat with milk for breakfast

## A quick 5-step guide to healthy eating



Healthy eating doesn't mean being on a strict diet. However, it might mean changing some of your eating habits.

In order to stay healthy and fit, think clearly and be able to focus on your school work, it's enough to follow a few simple guidelines.

### Get rid of all diet cola

If you think that cola is healthy just because it's called 'diet', you couldn't be more wrong! Diet sodas contain a lot of sweeteners which can be very bad for your body and your teeth.

### Make your daily vegetable portion bigger

Vegetables are the healthiest of all products – they keep you slim and give your body plenty of vitamins. Healthy eating means having at least three portions of vegetables every day.

### Go fruity


How often do you eat fruit? Unless your answer is 'every day', you should definitely have more! Try this simple rule – instead of a packet of crisps, have an apple, an orange or even a strawberry smoothie as a snack.

### Cut down on meat

Vegetarians live longer! Meat, especially red meat, doesn't seem to make you any healthier. Replace ham and sausage with other sources of protein, such as seafood or fish (for example, salmon) – it will keep your heart in good health!

### Be careful what you have for breakfast

Breakfast is the most important meal of the day – and it's equally important whether you eat it at all, as well as what you have. Sweet cereals, a roll with butter and jam or toast with Nutella cream are high in sugar and, as a result, they can make you catch colds and get sick more often.

**2**  **Przeczytaj tekst i uzupełnij luki w dialogu zgodnie z treścią tekstu. Luki należy uzupełnić w języku polskim.**

X: Alex, kup proszę dietetyczną kolę po drodze.

Y: No co ty! Nie wiesz, że wszystkie

<sup>1</sup> \_\_\_\_\_ zawierają bardzo dużo  
słodzików i wcale nie są zdrowe?

X: Nie. A skąd ty to wiesz?

Y: Czytałem niedawno w Internecie. Pisali też,

że trzeba jeść więcej warzyw, przynajmniej

<sup>2</sup> \_\_\_\_\_ dziennie, a jeżeli podjadasz  
pomiędzy posiłkami, to najlepiej

<sup>3</sup> \_\_\_\_\_ .

X: Naprawdę? Myślałem, że jak zjem kanapkę  
z wędliną i z pomidorem, to wystarczy.


Y: Właśnie nie! Zresztą, <sup>4</sup> \_\_\_\_\_ też  
powinniśmy ograniczyć. Lepszym źródłem  
białka będzie na przykład <sup>5</sup> \_\_\_\_\_ .

X: To co ja będę jadł na śniadanie, jeżeli nie  
kanapkę?

Y: Na pewno nie tosty z kremem orzechowym –  
zawierają dużo cukru, który sprawia,  
że możesz łatwo <sup>6</sup> \_\_\_\_\_ .

X: Hmm, tego bym nie chciał.

- 3 Uzupełnij luki w e-w mailu zgodnie z treścią tekstu z zadania 1.

<  New message

Hi Lynda,

I'm writing to tell you about an article on  
1\_\_\_\_\_ habits that I've read. It turns  
out that good food can help you not only stay  
slim but also concentrate better at  
2\_\_\_\_\_. What surprised me the most  
is that people who 3\_\_\_\_\_ live  
longer and typically have fewer problems with  
their 4\_\_\_\_\_. I'll tell you the details  
when we meet.

Christina