

Reading Test # 1



Full name _____

B04

1.- Read the text. Put the foods in the box in the correct column.

apples	fries	steak	carrots	spaghetti	oranges	white wine	rice	milk	pizza
--------	-------	-------	---------	-----------	---------	------------	------	------	-------

On the “no-diet” diet

You can eat

You can't eat

--	--

The “no-diet” diet

Do you want to lose weight? Then forget about diets!

With the “no-diet” diet you eat what you like, when you like, and enjoy your food. There are just five simple rules:

- Eat five different vegetables every day.
- Don't eat carbohydrates, like potatoes, cakes, cookies, bread, and pasta.
- Eat more protein, like fish, eggs, and meat.
- Don't drink wine or beer.