

Reading Test #1



Full name _____

Bo4

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

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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.