

TEENS' EATING HABITS

Porscha Hall

I usually skip breakfast and have chips, cookies, candy and soda for lunch. I buy it from school (1) _____ machines. After school I often go to a take away restaurant for French fries, fried rice and egg rolls. Dinner at home tends (2) _____ much healthier - baked chicken and rice, grilled fish, salads... I know my mom would (3) _____ that I eat healthier meals, but the fact is that I don't have much time and junk food is often the quickest way to satisfy my (4) _____ when I'm on the go and that's common among busy teenagers.

Roy Patel

I am a big fresh fruit eater, (5) _____ is unusual, I admit, for a 15-year-old. I love citrus fruit, apples, nectarines, kiwi, and mango. I (6) _____ skip breakfast. For me it's the most important meal of the day. At school I only eat soup and sometimes an apple. I usually come home around 3 o'clock and I have a vegetable salad. I know I do this (7) _____ my parents' mealtime routines. When I eat out, I also try to choose (8) _____ dishes, but sometimes I can't resist some delicious desserts.

Adapted from "Profile 8, Texto Editores"

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|---------------|---------------|--------------|--------------|
| 1. a. cash | b. answering | c. drinks | d. vending |
| 2. a. be | b. to be | c. being | d. to being |
| 3. a. like | b. prefer | c. love | d. mind |
| 4. a. hunger | b. desires | c. serving | d. demands |
| 5. a. what | b. which | c. when | d. who |
| 6. a. always | b. almost | c. even | d. never |
| 7. a. because | b. in case of | c. thanks to | d. for |
| 8. a. healthy | b. tender | c. typical | d. versatile |