

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"

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