



Our World

April 20XX

# Healthy or Unhealthy?

We received over 100 letters about last month's healthy eating article. This month our health expert Doctor Charlie Lau is answering some of your questions.

Your article said soft drinks are bad for me. I know they are sugary but I think a little sugar is OK. How much sugar is there in a can of cola? Should I drink fruit juice instead?



Sugary food gives you energy, but only for a short time. Grain products are better because they give you energy for a long time. A can of cola has seven teaspoons of sugar. Children should have only three to four teaspoons a day. Fruit juice is good for you, but sometimes it has too much added sugar. You can make your own fruit juice without added sugar or try my favourite drink — lemon water!



I love sausages but your article said they are not good for me. Why?



Inside a sausage there is meat (of course!) but there are also many other things. The meat comes from different animals such as cows, deer, goats, pigs, chickens, ducks, rabbits, sheep or fish. This meat is a small part of a sausage. There is also a lot of fat (more than a doughnut) and too much salt (more than a glass of seawater). Sausages are also full of chemicals. Sausage makers put these in to make their sausages look better, last longer or taste better. But they can cause illness. Yuck!

If you want to eat meat, choose chicken with only a little fat. Or you can become a vegetarian and never eat meat again!



Date: \_\_\_\_\_



**B** Read the magazine article again. Are these sentences true or false? Write 'T' or 'F'. Then correct the false sentences.

- 1 Doctor Lau asked some questions about healthy eating. ☐
- 2 One can of cola has more sugar than a child should have a day. ☐
- 3 Doctor Lau's favourite drink is homemade fruit juice. ☐
- 4 Chemicals in food can make people ill. ☐



**C** Blacken ● the circles.

- 1 Which sentence is NOT true about sugar?
  - ☐ A. It gives us energy.
  - ☐ B. Too much sugar is bad for us.
  - ☐ C. Children can have seven teaspoons of sugar every day.
  - ☐ D. There can be too much sugar in fruit juice sold in supermarkets.
- 2 Read this line from Doctor Lau's reply: Inside a sausage there is meat (of course!) but there are also many other things. Why does Doctor Lau write 'of course!'?
  - ☐ A. He thinks people do not know that sausages have meat from lots of animals.
  - ☐ B. He thinks everyone knows that sausages are made of meat.
  - ☐ C. He thinks people will be surprised about what is inside sausages.
  - ☐ D. He is making a joke.
- 3 Which sentence is true about sausages?
  - ☐ A. All sausages contain meat from eight different animals.
  - ☐ B. They have more salt than a glass of seawater.
  - ☐ C. They have less fat than a doughnut.
  - ☐ D. 80% of a sausage is meat.
- ☆ 4 Doctor Lau thinks that \_\_\_\_\_.
  - ☐ A. chicken is the healthiest meat
  - ☐ B. everyone should be vegetarian
  - ☐ C. people should only eat sausages made of chicken
  - ☐ D. meat with no fat is best