UNIT 2: HEALTHY LIVING (Reading Skills)

I. Read the passage and choose the best answer (A, B, c, D), which best fits each blank.

BENEFITS OF PLAYING SPORTS

Firstly, playing sports can give you a healthy life and a fit body to you. You will be more active and healthier (1) _____ playing sports. To illustrate, you can have a lower chance of getting a serious illness such as a (2) _____ attack or high blood pressure. In other words, it increases your resistance to illness. In leisure time, you can play sports (3) _____ your friends or your relatives, this not only helps you but (4) _____ motivates everyone around you to take part in sports and have good (5) _____. Furthermore, there are some (6) _____ which you can play easily such as table tennis, tennis or football and after that, you feel completely relaxed or (7) _____ free from your stress. Moreover, you also need to allow and (8) _____ children to play sports, especially some outside activities such as football, basketball or volleyball to decrease the time that your children (9) _____ sitting in front of computers or watching television. These sports can help them have endurance, quickness and even teach them how to improve team spirit and work in groups. These sports also teach them how to communicate with their teammates, and show them (10) _____ active and creative they are.

1. **A.** by.	**B.** in.	**C.** with.	**D.** of
2. **A.** leg.	**B.** head.	**C.** heart.	**D.** hand
3. **A.** to.	**B.** with.	**C.** of.	**D.** for
4. **A.** also.	**B.** not.	**C.** too.	**D.** as well
5. **A.** healthy.	**B.** unhealthy.	**C.** health.	**D.** healthiness
6. **A.** sports.	**B.** games.	**C.** activites.	**D.** actions
7. **A.** also.	**B.** even.	**C.** too.	**D.** as to
8. **A.** make.	**B.** help.	**C.** tell.	**D.** encourage
9. **A.** have.	**B.** take.	**C.** waste.	**D.** spend
10. **A.** what.	**B.** how.	**C.** which.	**D.** why

II. Read the article. Match headings (1 - 5) with parts (A - E).

WHAT ARE THE MAIN RULES OF HEALTHY EATING?

Headings

1. What are the Benefits of Healthy Eating?

2. Rule of healthy eating

4. What to eat and what not to eat?

3. What is Healthy Eating?

5. How much food is enough?

A.	

It is important to understand what healthy eating means. Healthy eating is when you eat a variety of dishes and foods that are low in fats, sugars, and processed foods. When you choose the main ingredient of one dish or food, you cannot have more than one serving of it in a day. For example, if you make chicken nuggets with an apple sauce topping, then the apple sauce topping counts as a serving of fruit.

B.	

There are many different opinions on what is the right amount of food to eat. Some people believe that a person should eat until they're full while others believe that the body needs less food than what it wants. Some experts say that the best way to keep your body healthy is to have regular meals and snacks throughout the day.

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C.	

The main rules of healthy eating are deciding what to eat and what not to eat. The guidelines that you should follow are making sure that every meal has a variety of nutrients like protein, carbs, and vitamins.

D.	

There are many benefits of healthy eating. The most significant of these is that it stops you from gaining weight and prevents lots of diseases. In addition to these benefits, a diet based on fruits, vegetables, whole grains, legumes (beans), and lean proteins can lower the risk for type 2 diabetes by 23 percent.

E.	

There are many rules of healthy eating, and some of them might seem difficult. However, if you keep these guidelines in mind and watch your portions, you should be able to eat healthy without feeling too restricted.

HAVE A GOOD DAY!

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