

VOCABULARY

A. Instructions: Match the sentences to the vocabulary words. Read carefully and guess the meaning from the context.

Vocabulary: diet – eat light – energy – fat-free – healthy – lose weight – low-fat – salad – salt-free – sweetener

Sentences:

1. I try not to eat too much at night; I just have a small meal. → _____
2. I want to get thinner, so I run every day. → _____
3. This snack has no salt at all. → _____
4. Vegetables and fruit are good for your body. → _____
5. This milk has very little fat. → _____
6. I use something instead of sugar in my tea. → _____
7. Yogurt with no fat is better for my diet. → _____
8. I need more power to study, so I eat fruit in the morning. → _____
9. A meal with vegetables, tomatoes, and lettuce is called a _____. → _____
10. The food you usually eat every day is your _____. → _____

B. Instructions: Read the text and fill in the blanks with the correct word from the box. Use context to guess meaning.

Word Box: diet – eat light – energy – fat-free – healthy – lose weight – low-fat – salad – salt-free – sweetener

Marie wants to feel better and stronger. She changed her _____ (1) to include more vegetables and fruit. At night, she tries to _____ (2) and sometimes eats a big _____ (3). She drinks _____ (4) milk and chooses _____ (5) cheese. To avoid sugar, she uses a _____ (6) in her coffee. Maria wants to _____ (7), so she avoids salty snacks and chooses _____ (8) options. These changes give her more _____ (9) every day. Eating well helps her live a more _____ (10) life.

READING:

Anna is trying to live a healthier life. She usually eats a big dinner, but now she tries to **eat light** at night, maybe just a **salad**. She also drinks **low-fat** milk and buys **fat-free** cheese. Anna wants to **lose weight**, so she avoids food with too much salt. Sometimes she chooses **salt-free** snacks. Instead of sugar, she uses a **sweetener** in her coffee. These changes give her more **energy** every day

1. What does Anna usually eat at night now?
2. What kind of milk does she drink?
3. Why does she avoid food with too much salt?
4. What does she put in her coffee instead of sugar?
5. How does she feel with these changes?