

Name :

Class :

Reading Comprehension: Healthy Lifestyle

Fast Food

Many teenagers love fast food because it is tasty and cheap. However, fast food contains a lot of fat, salt, and sugar. Eating too much fast food can cause obesity and heart problems.

Teenagers should eat more vegetables, fruits, and drink more water. A healthy lifestyle means balancing what we eat, drinking enough water, sleeping well, and doing regular exercise.



Part A : Answer the questions from the text.

1-Why do teenagers love fast food?

Answer : _____

2-What does fast food contain a lot of?

Answer : _____

3-What health problem can eating too much fast food cause?

Answer : _____

4-According to the text, what two things should teenagers eat more of?

Answer : _____

5-Define 'healthy lifestyle' based on the text (in one phrase)

Answer : _____

Part B : Fill in the blanks using the word bank.

vegetables, sleep, active, water, healthy

1. We should eat more _____.

2. We must get enough _____.

3. Keep your body _____.

4. Drink _____ every day.

5. Live a _____ life.