Name: Class:

Read the text below and answer the following questions.

Building a Healthy Lifestyle

You must have heard that breakfast may be the "most important meal of the day". In this article, we are learning how dinner holds its own weight in the realm of healthy living. Far from merely filling an empty stomach, a well-planned evening meal offers a unique opportunity to fuel your body for a restful night and set the stage for a healthy tomorrow. Next are the reasons why dinner deserves a starring role in your quest for well-being.

Unlike breakfast, which often falls victim to morning chaos, dinner presents a valuable window for conscious choices. Planning your meals in advance allows you to control ingredients, portion sizes, and nutrient balance. Opting for whole grains, lean protein sources, and colorful vegetables ensures that you are providing your body with the essential building blocks for repair and growth.

After a day of activity, your body craves nutrients for repair and rejuvenation. Skipping dinner or resorting to unhealthy processed options can disrupt this crucial process. Choosing complex carbohydrates like brown rice or black rice provides sustained energy throughout the night, while protein sources like fish or lentils aid in muscle repair and recovery. This sets the stage for a more restful sleep and prepares you for the next day's activities.

A balanced and satisfying dinner can curb unhealthy cravings that often emerge later in the evening. Sugary snacks and processed foods become less appealing when your body is already nourished with essential nutrients. This not only promotes healthier eating habits but also contributes to weight management by preventing unnecessary calorie intake at night.

In conclusion, dinner is not just a meal; it is an opportunity to invest in your well-being. By making conscious choices and prioritizing balanced, nutritious meals, you can fuel your body for optimal health, promote restful sleep, and contribute to a healthy lifestyle that extends far beyond the confines of your plate.

1. **Match the main ideas in the left column with the number of paragraphs in the right column.**

Main ideas	Paragraphs
a. Healthy dinner helps to manage one's weight	• 1
b. There are reasons why dinner a role in keeping one's health.	• 2
c. Dinner is an investment of well-being.	• 3
d. The food choice of dinner should replace the energy used during the day.	• 4
e. Dinner id different from breakfast because we have time to plan the food for dinner	• 5

2. **Decide if the statement is True or False based on the text by giving tick (√)**

No	Statement	True	False
1	People plan their dinner because dinner is more important than breakfast.		
2	Planning meals means that we can control the teste of the food we are going to eat		
3	Dinner is good to help our body to rejuvenate itself.		
4	Complex carbohydrates are best for repairing muscles.		
5	Unhealthy cravings often appear in the evening.		

LIVEWORKSHEETS