

READING 2

A Little Foodie

Lily is a little **foodie**. She loves food and enjoys trying new things. She eats fruit **once a day** and vegetables **twice a day**. She loves **zucchini**, **bell peppers**, and **tomatoes**. She thinks vegetables are **wonderful** and **tasty**. Sometimes, Lily eats **too many sweets** and **too much sugar**. When she eats a lot of processed food, she feels sick. Her teacher says that eating **large portions** and unhealthy food can cause **weight problems** and **obesity**. Lily wants to be healthy. She eats **a lot of vegetables**, drinks **water**, and eats **simple food** at home. She knows healthy food helps her feel good and strong.

1. Read the text and circle **True (T)** or **False (F)**.

1. **Lily is a foodie.**
 T F
2. **Lily eats fruit once a week.**
 T F
3. **Lily eats vegetables twice a day.**
 T F
4. **Lily thinks vegetables are terrible.**
 T F
5. **Lily feels sick when she eats a lot of processed food.**
 T F
6. **Eating large portions can cause health problems.**
 T F

2. Complete the sentences

(once / twice / too much / too many / a lot of)

1. Lily eats fruit ___ a day.
2. She eats vegetables ___ a day.
3. Sometimes she eats ___ sweets.
4. She eats ___ vegetables.
5. Too ___ sugar is unhealthy.

3. Choose the correct answer (circle)

1. **Lily eats vegetables:**
a) once a week
b) twice a day
2. **“Foodie” means:**
a) a person who likes food
b) a person who doesn’t like food
3. **Processed food is:**
a) always healthy
b) not healthy

4. Write **H** (healthy) or **U** (unhealthy).

1. Vegetables ___
2. Too much sugar ___
3. Water ___
4. Large portions ___

