

## 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 \_\_\_\_

