

Reading

1 Read. Choose the correct word.



exercise



strong



chips



sugar



healthy

1. When you move your body to keep it strong and well. exercise
2. This word describes someone who eats well and doesn't get sick. _____
3. A food with lots of salt. It's not very healthy. _____
4. Something in food and drink to make it sweet. _____
5. Exercise makes you feel this. _____

2 Read the Student Book. Answer the questions. Circle the correct answer.

1. What is the article about?
 - a. to help people make healthy food
 - b. to tell people how to stay healthy
 - c. to tell people about sports clubs and healthy cafés
2. What makes you feel stronger?
 - a. doing lots of exercise
 - b. eating candy and chips
 - c. drinking juice

