



Healthy Living Advice



If you want to avoid problems like **stomachache**, **sore throat**, cough, toothache, or even fever, you should eat **healthy food** instead of **junk food**.

A plate of **rice**, **meat**, and **potatoes** gives your body strength, while too much unhealthy food like **chips** can make you feel weak and sick. Adding **fresh strawberries** is a smart choice because they protect your teeth keepy energized.

When you feel a sore throat, drinking **warm tea** can help and if you have a cough or fever, resting well is the best medicine.

And when you go out, wearing a **top**, **jumper**, **leggings**, or even a **skirt** or **abaya** makes you feel comfortable and confident day.



Questions

1. What is the main idea of the text?

- a) Eating junk food
- b) Wearing clothes
- c) Choosing healthy food and habits.
- d) Comparing chips and strawberries.

2. Which foods are mentioned as healthy choices in the text?

- a) Only rice
- b) Chips and sweets
- c) Junk food and fast food
- d) Rice, meat, potatoes, and strawberries



3. What can happen if you eat too much unhealthy food?

4. What should you do if you have a sore throat?

5. Which clothes are mentioned in the text as comfortable choices?

