Reading 3: HEALTHY FOOD VS JUNK FOOD

WRITE HEALTHY (H) OR UNHEALTHY (U)

1. soda ___
2. water ___
3. vegetables ___
4. Fruits ____
5. yogurt ____
6. Fish _____
7. Eggs _____
8. Chips _____

BEFORE READING

What healthy food do you like? _____

Do you drink soda every day? _____

What is your favorite fruit? _____

READING

Healthy Food vs Junk Food

Healthy food is important for teenagers. Fruits, vegetables, fish, eggs, milk and water help students grow strong and stay healthy. These foods give vitamins, minerals and energy for school activities.

Many students like junk food because it tastes good. Hamburgers, chips, pizza, candy and soda are popular foods. However, eating too much junk food is not healthy. It contains a lot of sugar, salt and fat.

Students who eat healthy food usually have more energy and feel better at school. Healthy eating habits help students learn, play sports and stay active every day.

Doctors recommend eating more fruits and vegetables and drinking water instead of soda. A balanced diet is important for a healthy life.

READING VOCABULARY

Write the meaning in Spanish

strong: _____

junk food: _____

fat (noun): _____

LIVEWORKSHEETS

Reading 3: HEALTHY FOOD VS JUNK FOOD

I. LITERAL COMPREHENSION

TRUE OR FALSE

1.____ Fruits and vegetables are healthy foods.

2.____ Soda is a healthy drink.

3.____ Healthy food gives energy.

4.____ Candy is healthy food.

5.____ Doctors recommend drinking water.

II**. INFERENTIAL COMPREHENSION**

MULTIPLE CHOICE

1. Why do students need healthy food?

a) To play video games b) To stay healthy c) To sleep less

2. What can happen if students eat too much junk food?

a) Health problems b) More vitamins c) Better concentration

3. Why do doctors recommend water?

a) Because it is healthy b) Because it contains sugar c) Because it is expensive

WH QUESTIONS

1. Why is a balanced diet important?

_____

2. How can healthy food help students at school?

_____

III. REFLECTION

1. What healthy food do you eat every week? _____

2. What unhealthy food should students eat less often? _____

LIVEWORKSHEETS