Healthy food



Doctors tell us to eat more fruit and more vegetables. They tell us to drink more water and less fizzy drinks. But do we listen?? No, we continue to eat lots of junk food like pizzas, sweets, chips, cakes and biscuits.

We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body. Unhealthy food makes your body unhealthy. When you get older you start to have a lot of problems like heart diseases. But most of us don't think much about the future. We only think about today. We only think that hamburgers taste better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French fries and fizzy drinks may be delicious, but they haven't got enough vitamins and minerals. Your body needs vitamins and minerals to grow healthy. Healthy food gives our body the vitamins and the minerals **it** needs.

People eat junk food because it's tasty, but everybody can have a tasty meal at home. The only problem is that buying fresh products and cooking them takes time. And people prefer to spend time doing other activities, such as watching films, meeting friends, walking in the parks etc. I also like to do these activities, but I am very careful of my body. If you want to be healthy, you should eat healthy food every day.

LIVEWORKSHEETS

1. Match:

1. continue v.	(	) illness like cancer and toothache.
2. junk food n.	(	) soft drinks like cola.
3. fizzy drinks n.	(	) to keep doing something.
4. disease n.	(	) fast food.
5. taste n.	(	) things in food that are useful for your body.
6. tasty adj.	(	) the flavor of something.
7. minerals n.	(	) to like something more than other things.
8. product n.	(	) delicious
9. prefer v.	(	) something you make to sell.

2. Use (should or shouldn't) to make sentences about food:

fizzy drinks – French fries – fruits – vegetables – burgers – pizzas – fresh juice - hot dogs

1. I shouldn't eat French fries.

2. .....

3. .....

4. .....

5. .....

6. .....

7. .....

8. .....

LIVEWORKSHEETS

3. Read the passage again and answer:

1. Why do people eat junk food?

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2. What will happen if you eat junk food?

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3. What does your body need to grow healthy?

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4. What should you do if you want to be healthy?

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5. What activities do people prefer to do?

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LIVEWORKSHEETS