COLEGIO SAN JOSÉ DE LAS VEGAS

9th grade

ESL

Reading Task

This is an article about healthy eating. The titles of the paragraphs were removed.

HOW TO STAY HEALTHY

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realising it.

3._____

Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.

4. _____

Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream

5. _____

We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm.

Don't drink too much coffee or tea as they can dehydrate you.

Read the article and match the titles of the paragraphs.

a) cut down on salt

b) dangers of saturated fat

c) five-a-day

d) drink a lot of water

e) cut down on sugar

LIVEWORKSHEETS

Now read these sentences and decide whether they're true or false:

		TRUE	FALSE
1.	Eating vegetables and fruit is good for your heart	☐	☐
2.	One melon is a portion of fruit	☐	☐
3.	Potatoes can be eaten as part of your five-a-day	☐	☐
4.	Eating much salt increases blood pressure	☐	☐
5.	High blood pressure doesn't cause you any harm	☐	☐
6.	There is a lot of salt in the food we buy	☐	☐
7.	Eating saturated fats causes heart problems	☐	☐
8.	There is a lot of saturated fat in vegetable oils	☐	☐
9.	Sugary food is good for your teeth	☐	☐
10.	You should drink a lot of water to stay healthy	☐	☐

LIVEWORKSHEETS