



"Americans are eating less red meat and eating more chicken and fish," says Dr. Gerardo Garcia of New York Hospital.

"They are exercising more, too. People are smoking and drinking less. Health is very important to Americans today." More and more people are exercising at home and in gyms.

People are running more these days. People are also buying books about health and exercise.

Why is this happening?

Americans are trying to stay healthy and live longer.



1- Choose True or False according to the text:

- a) Americans are smoking more. ☐
- b) More people are exercising. ☐
- c) People are only buying healthy food. ☐
- d) Health isn't important to Americans. ☐
- e) Americans are drinking less. ☐
- f) People are exercising more at home. ☐

2- Rewrite the sentences correcting the information in red.

- a) Americans are eating more **red meat**.
- b) People are drinking **more**.
- c) People are **walking** more these days.
- d) People are going to **schools** to exercise
- e) Americans are trying to live **less**.

3- Answer the questions about the text:

A) What are Americans doing to stay healthy?

B) Where are people exercising?

C) Why are Americans are exercising more?

D) Who said "Americans are eating less red meat" ?

4-What is the main idea of the article

- A) Americans are trying to be healthy
- B) Americans are buying books
- C) Americans are smoking less
- D) Diet isn' t important.
- E) Smoking can kill you.