



Activities

1. Read the text.
2. Look up the underline words in a dictionary and write the spanish meaning of each word.
3. Classify the words into NOUNS or VERBS

I. Read the text.

Food Fight



Doctors in Britain are **worried** because British teenagers eat lots of **crisps**, sweets and fast food. Most teenagers don't **eat** enough fruit or vegetables and more than one million British school children are overweight.

Some teenagers say that they don't have time to eat good **food**.

Americans have the same problem with fast food because it was **born** there.

McDonald's, Pizza Hut and Burger king **have** restaurants all over the **world**.

A steady diet of burgers, fries and soda don't **help** your body with vitamins and minerals. You need to stay healthy. Fast food lacks many important **nutrients**.

Some parents are blaming the proliferation of fast food restaurants where people eat food with high-calories and low nutritional value.

Now doctors are giving young people books and games about a good diet.

Having a healthy and well-balanced diet can help you feel better and **live longer**.

LIVE WORKSHEETS

2. Look up the underline words in a dictionary.



- 1. Worried**
- 2. Crisps**
- 3. Eat**
- 4. Food**
- 5. Born**
- 6. Have**
- 7. World**
- 8. Help**
- 9. Nutrients**
- 10. Live**

3. Classify the words into NOUNS or VERBS

Worried

Crisps

Eat

Food

Born

Have

World

Help

Nutrients

Live

Noun

Verb

