



1. Match the titles to the paragraphs of the text. One title is extra.

1. DON'T SKIP BREAKFAST
2. WATCH OUT FOR HOW BIG PORTIONS ARE
3. EAT 5 PORTIONS OF FRUIT AND VEGETABLES A DAY
4. REDUCE SCREEN TIME
5. CHOOSE A SUMMING DIET
6. EXERCISE

Five Ways to Reach a Healthy Weight

- A.** Regular physical activity burns calories and builds muscle - it helps you to look and feel good and keep fit. Walking the family dog, cycling to school, and doing other things for your daily activity can all make a difference. If you want to burn more calories, add some strength exercises to build muscle. The more muscle you have, the more calories you burn, even when you aren't exercising.
- B.** Fruit and vegetables are about more than just vitamins and minerals. They're also packed with fibre, which means they fill you up. And when you eat fruit and vegetables, you're less likely to overeat when it comes to high-calorie foods like chips or cookies.
- C.** Sizes of portions have increased over the past 10 years, and it means extra calories. Another important key factor in weight gain is that more people drink sugary beverages, such as sodas, juice drinks, and energy drinks. So, choose smaller portions and drink water or low-fat milk instead of soda.
- D.** One reason people get less exercise these days is because of an increase in "screen time" - the amount of time spent watching TV, looking at the computer, or playing video games. Limit screen time to less than 2 hours per day.
- E.** Breakfast gives you energy to do more during the day. People who skip breakfast often feel so hungry that they eat more later on. So, they get more calories than if they eat breakfast.

A	B	C	D	E

2. Read the text again and mark the statements

True (1),

False (2),

Not Stated (3).

- A.** Physical activity is only good for burning calories.
- B.** Cycling burns more calories than strength exercises.
- C.** Fruit and vegetables fill your stomach and give vitamins to your body.
- D.** If you eat a lot of vegetables, you won't feel like eating snacks.
- E.** Portions used to be bigger in the past.
- F.** Low-fat milk contains the same amount of calories as energy drinks.
- G.** It is not necessary to have breakfast.
- H.** The more you eat for breakfast, the hungrier you are later during the day.

A	B	C	D	E	F	G	H