READING

I. READ THE TEXT AND FILL IN THE MISSING WORDS.

It is important to eat 1)_____ that is good for you. You need seven things in your food. There are carbohydrates, which give you energy. Potatoes and bread are high in carbohydrates and so are sugar, pasta and rice. You also need protein and fats. They give you 2)_____ too. Meat, fish and other high-protein food help you to 3)_____. The other four things you need are vitamins, minerals, fiber and of course water. There are many different vitamins. You need them for your eyes, bones, hair and 4)_____. Minerals are good for your bones and 5)_____. Food with fiber in them, like nuts and cereals, help to clean the inside of your body. Water does this too, so remember to 6)_____ lots of water every day.

It can be bad for you to eat lots of sweets and cakes. Some food like burgers and 7)_____, have a lot of fat and salt in them. This can be bad for your teeth, so don't 8)_____ too many of them.

eat	drink	energy	chips	teeth	grow	food	skin

II. Find the correct title:

A Eat well and stay healthy.
B Some foods are bad for you.
C Important vitamins and minerals.

III. ANSWER THE QUESTIONS:

1) What three things give you energy?

_____ _____ _____

2) Name one food which is high in protein.

_____

3) What can the fiber in nuts and cereals do for your body?
Fiber _____

4) Why shouldn't you eat too many chips or other fried food?
Because they have _____

LIVEWORKSHEETS