Name: ..... **Class:** .....

Unit:3 *You've got mail !* **General Revision** **Worksheet NO. 15**

Read the following passage and answer the questions below.

It's easier than you think to start eating healthy ! Take small steps each week to improve your nutrition and move toward a healthier you.
Small changes can make a big difference to your health. Try incorporating at least six of the eight goals below into your diet. Commit to incorporating one new healthy eating goal each week over the next six weeks.
Make half your plate fruits and vegetables. Switch to fat-free or low-fat (1%) milk. Make half the grains you eat whole grains. Choose a variety of lean protein foods. Compare sodium in foods. Drink water instead of sugary drinks. Eat some seafood. Cut back on solid fats.
Bring healthy snacks into your school for parties and celebrations, instead of providing sugary treats. When cooking, keep in mind to keep yourself safe from food poisoning. Wash hands, utensils, and cutting boards before and after contact with raw meat, poultry, seafood, and eggs.

1- Answer the following questions:

1- How to start eating healthy foods ?
.....

2- What should you do when you want to cook ?
.....

3- Is a small change can make a big difference ?
.....

2- Complete:
1- Make half your plate .....and.....
2- drink water instead of .....

3- Put (T) OR (F):
1- Compare sodium in foods. ( )
2- Eat some junk food. ( )

4- Find out advice: .....

5- Find the opposite : Unhealthy # .....

LIVEWORKSHEETS