

EAT THE JAPANESE WAY

Doctors say that the traditional ¹ *diet* in Japan and other Asian countries is very healthy.

WHY IS IT GOOD FOR YOU?

In Japan, people don't eat a lot of red ² _____, butter, or cheese. They eat a lot of rice and fish, and fresh fruit and ³ _____. This diet is very ⁴ _____ for your heart, and people in Japan live longer than in other countries.



HOW TO EAT LIKE THE JAPANESE

- Eat rice with your meals and don't eat a lot of ⁵ _____, especially chips.
- Eat a lot of fish. ⁶ _____ eat a lot of meat, for example steak and ⁷ _____.
- Eat fresh fruit and vegetables ⁸ _____ day.
- Drink green tea, not ⁹ _____.
- Eat on ¹⁰ _____ plates. ¹¹ _____ eating when you are full. Eat slowly!

Read the text and complete the gaps with words from the list

Прочитайте текст и заполните пустые места указанными словами из списка

coffee diet don't every good hamburgers
meat potatoes small stop vegetables