



TOPIC	Should and have to	LEVEL	English 3	UNIT	6	SKILL	Reading
Teachers	Gustavo Bayona						



➤ **Before you read! What can you see in the picture?**

- Who are these people?
- Have you ever gone on a diet?
- Do you eat healthy?

**1. Read the following text.**

*“HEALTHY DIET”*

**Kelly:**

I don't feel comfortable with my body, I'm just too fat. I have already been on a diet, but that didn't work for me. Can anyone give me some advice on what I should do to get slim again.

**Susan:**

Hi Kelly!

I advise you, that you should do physical exercise, it is very important and good for weight loss. You can start by doing small exercise every day. You can also go for a walk a friend of yours to go along.

Another important thing if you want to lose weights is your diet. You should have a diet rich on vegetables and fruit. You should not eat fast food because they have many calories. You have eaten different fruits, vegetables and other healthy habits. Having a healthy diet doesn't mean you have to be hungry all time and that food can't be tasty as well.

I hope this can help you!

Bye Kelly!



**2. According to the reading write True or False for the following statements.**

- |  |  |
|--|--|
| 1. Susan thinks exercising helps you lose weight _____ | 2. Kelly has a problem with her body because she is fat. _____   |
| 3. Susan didn't want to advise Kelly. _____            | 4. Eat fruits and vegetables is important for weight loss. _____ |

5. Susan says Kelly that exercising and eating healthy doesn't help you lose weight.

\_\_\_\_\_

**If you finish, let's go to the presentation again!**