

1. Read the text carefully. *Natančno preberi besedilo.*

GOOD BUT UNHEALTHY

The food most teenagers like is often not only unhealthy but it can also cause serious health problems. A healthy diet helps us to stay fit and well and it consists of seven basic elements: proteins, fats, carbohydrates, fibre, minerals, vitamins and water. Proteins make our body grow and help with healing when injured. There are proteins in meat, fish, eggs and milk. Fat gives us energy and is stored in the body so that it can be used later if the body needs it. But be careful: too much fat makes us overweight.

Carbohydrates make us strong and give energy for our brains and body. There are carbohydrates in bread, pasta, potatoes and all products containing sugar. Refined sugars are less healthy than unrefined. Fibre is good for our digestion. There is fibre in plants, fruit, vegetables, beans and potatoes. All of these are also a source of many minerals and vitamins. Vitamins are essential for the normal growth and development of us all. There are 13 vitamins, each does something different.

We also need a lot of water. Water has no energy but we will die if we lose more than 10 to 15 percent of our water. We need it to keep the chemical processes in our cells working. It is also needed to replace water losses in cooling our bodies and to help digestion. Let's have a look at some drinks that most children love: fizzy drinks. An average fizzy drink may have 10 teaspoons of sugar, 150 calories, 30 to 55 mg of caffeine, artificial food colors and sulphites. If you drink a lot of fizzy drinks, you gain weight or your teeth start decaying.

What about that popular fat soaked potato dish, chips? Eating greasy chips every day puts you in danger of getting heart disease, diabetes and stroke. If you like potatoes, roast potatoes with less fat, boiled or mashed potatoes are a much better choice.

The next popular but unhealthy food is the doughnut. My friend Sonia says: 'It may be tasty, but when you break it down, a doughnut is nothing but sugar and flour, artificial food colors and a lot of fats. The only good thing about an American doughnut is its hole in the middle.'

A well balanced diet, enough sleep and regular exercise will help you have a long healthy life.

2. Are the statements true or false? Write T or F. *So trditve pravilne (T) ali napačne (F)? Pripisi T ali F.*

- a. Vegetables are a source of fibre, vitamins and minerals. _____
- b. There are 8 basic elements in a healthy diet. _____
- c. Fibre helps our digestion. _____
- d. Eating greasy chips may cause serious health problems. _____
- e. A healthy diet includes a lot of water. _____
- f. Water has no calories but you can still die if you don't replace it. _____
- g. Fizzy drinks make your teeth stronger. _____
- h. We should eat everything but in moderation. _____

3. Find the words in the text that mean the same as: *Poišči besede v besedilu, ki pomenijo isto kot:*

- a. Not healthy. _____
- b. A white liquid produced by cows. _____
- c. Macaroni and spaghetti can also be called _____
- d. We eat food that comes from animals and _____ (i.e. fruit, vegetables and cereals).
- e. Drinks that contain bubbles of gas are called _____ drinks.
- f. Something that is not natural. _____
- g. Something that is covered with or full of fat or oil. _____
- h. A small circular cake, fried in hot fat, with a hole in the middle or filled with jam.

- i. Happening in intervals, repeatedly in a fixed pattern. _____