



Reading

4 Match the questions to the answers.

- 1 Why do people eat snacks?
- 2 What makes some snacks unhealthy?
- 3 Why are fruits and vegetables important?
- 4 How many portions of fruit and vegetables should we eat every day?
- 5 What is a portion size?
- 6 Why are sugary snacks bad for you?

- a We should try to eat five portions of fruit and vegetables every day.
- b Some snacks, such as sweets, biscuits, chocolate and sugary drinks, are unhealthy because they contain a lot of sugar.
- c One portion size will fit in your hand, for example one medium apple, one medium banana, two satsumas, two pieces of broccoli, one bowl of salad, one handful of grapes or seven small tomatoes.
- d Snacks can be good for keeping our energy levels up.
- e They are an important source of vitamins and fibre.
- f Too much sugar can cause tooth decay. Also, foods that contain added sugar can make you overweight.

Speaking

5 Pedro and his mother are discussing snacks.