HOW TO STAY HEALTHY

Read the article and do the tasks.

1. Match the titles of the paragraphs.

A. Cut down on salt

B. Avoid saturated fat

C. Implement Five-a-day

D. Drink a lot of water

E. Reduce daily sugar intake

1. _____

People who eat a lot of fruit and vegetables are less likely to have heart problems. A variety of fruit and vegetables should make up about a third of the food you eat each day. You should eat at least five portions of fruit and vegetables a day. A portion is e.g. a banana, an apple, a pear, one slice of melon or pineapple or two plums. Remember that potatoes don't count because they're a starchy food.

2. _____

Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Lots of people think they don't eat much salt, especially if they don't add it to their food. But don't be so sure! Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.

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3. _____

Having too much saturated fat can cause heart disease. Try to cut down on food that is high in saturated fat, such as meat, pies, cheese, butter, lard, cream and cakes, and have foods that are rich in unsaturated fat instead, such as vegetable oils (including sunflower, rapeseed and olive oil), oily fish, avocados, nuts and seeds.

4. _____

Having sugary foods and drinks too often can cause tooth decay, especially if you have them between meals. Many foods that contain added sugar can also be high in calories, so cutting down could help you control your weight. Try to eat fewer foods with added sugar, such as sweets, cakes and biscuits, and drink fewer sugary soft and fizzy drinks.

5. _____

About 60% of your body weight is made of water. If you don't get enough water, you can become dehydrated. Severe cases of dehydration can cause dizziness, confusion, and even seizures. Drink about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.

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B. Decide whether the statements are true (T) or false (F).

1. Eating lots of fruit and vegetables can reduce your risk for heart disease.
2. One melon would count as one of your daily portions.
3. A potato is classed as one portion of your five a day.
4. High salt intake increases blood pressure, which can lead to heart disease.
5. The foods we buy can contain more salt than we realise.
6. Eating too many foods high in saturated fats can be bad for your health.
7. Vegetable oils like olive, sunflower or canola are rich in saturated fat.
8. Fizzy drinks can increase the risk of dental problems.

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