

Student's name: _____

Class: /

Grade :

9

Unit

1

Worksheet: 1

Reading

Read the following passage and answer the questions below

Food is an essential part of our lives. We all need food to survive as it provides us with energy and nutrients for healthy growth and development. Eating a well-balanced diet can also help us stay fit and strong.

There are many different types of foods. Fruits and vegetables are great for providing vitamins, minerals, and fiber to our diets. Grains such as rice, oats, and wheat provide carbohydrates which give us energy. Protein-rich foods like eggs, beans, fish, and meat help with growth and repair of tissues in the body. Dairy products contain calcium which is needed for strong bones.

Eating a variety of foods is important in order to get all the essential nutrients that our bodies need. Eating a diverse selection of foods also provides us with different flavors and textures, which can make eating more enjoyable.

It is important to remember that food choices should be based on moderation and variety. Too much of any one type of food can lead to health problems

Choose the correct answer:

1.	This reading passage is about -----			
	a. food	b. cooking	c. travelling	d. time
2.	What are some examples of protein-rich foods?			
	a. Rice and wheat	b. Eggs, beans, fish, and meat	c. Sweets	d. Chocolate
3.	According to the passage, eating a variety of foods help us to -----			
	a. get all the essential nutrients that our bodies need	b. gain weight	c. feel bored	d. be lazy
4.	According to the passage, eating too much of any one type of food can lead to ---			
	a. health problems	b. good future	c. good life	d. good health
5	The underlined pronoun ' <u>It</u> ' in paragraph 1 refers to -----			
	a. life	b. body	c. food	d. flavor
6	The underlined word <u>essential</u> in paragraph 1 means -----			
	a. important	b. unnecessary	c. unimportant	d. happy

(1)