

Healthy snacks on the run

In today's busy lives we often have little time for healthy eating, so we do the easy thing and eat snacks like crisps or sweets instead. (1), it's possible to eat quickly and healthily. All you (2) to do is to follow a few simple rules.

First of all, read what it (3)..... on the packet before you buy a snack. This is important because people often think that they're buying healthy snacks, but sugar may be the (4)..... ingredient.

Try to look for healthier options – instead of eating ice cream, try frozen fruit juices and, most importantly, eat at (5)..... times of the day. Learn when your body needs food so (6)..... you don't suddenly feel the need to eat a lot of unhealthy snack food.

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|------------|---------|-----------|------------|
| 1 A Ago | B Alike | c However | D Whenever |
| 2 A can | B must | c need | D should |
| 3 A puts | B says | c talks | D writes |
| 4 A big | B great | c large | D main |
| 5 A common | B equal | c even | D regular |
| 6 A that | B what | c when | D which |