

READING 2

A Little Foodie

Lily is a little **foodie**. She loves food and enjoys trying new things. She eats fruit **once a day** and vegetables **twice a day**. She loves **zucchini**, **bell peppers**, and **tomatoes**. She thinks vegetables are **wonderful** and **tasty**. Sometimes, Lily eats **too many sweets** and **too much sugar**. When she eats a lot of processed food, she feels sick. Her teacher says that eating **large portions** and unhealthy food can cause **weight problems** and **obesity**. Lily wants to be healthy. She eats **a lot of vegetables**, drinks **water**, and eats **simple food** at home. She knows healthy food helps her feel good and strong.

1. Read the text and circle **True (T)** or **False (F)**.

1. Lily is a foodie.

☐ T ☐ F

2. Lily eats fruit once a week.

☐ T ☐ F

3. Lily eats vegetables twice a day.

☐ T ☐ F

4. Lily thinks vegetables are terrible.

☐ T ☐ F

5. Lily feels sick when she eats a lot of processed food.

☐ T ☐ F

6. Eating large portions can cause health problems.

☐ T ☐ F

2. Complete the sentences

(once / twice / too much / too many / a lot of)

1. Lily eats fruit ____ a day.

2. She eats vegetables ____ a day.

3. Sometimes she eats ____ sweets.

4. She eats ____ vegetables.

5. Too ____ sugar is unhealthy.

3. Choose the correct answer (circle)

1. Lily eats vegetables:

a) once a week

b) twice a day

2. "Foodie" means:

a) a person who likes food

b) a person who doesn't like food

3. Processed food is:

a) always healthy

b) not healthy

4. Write **H** (healthy) or **U** (unhealthy).

1. Vegetables ____

2. Too much sugar ____

3. Water ____

4. Large portions ____

