

Test : How to burn fat all day long

1. What should you drink first thing in the morning to help burn fat?

2. When is the best time to start exercising after you wake up?

3. What is a good breakfast choice mentioned in the text?

4. Should you eat three big meals or several small meals a day?

5. What fruit can you eat around 11:00 AM for energy?

6. Why should you drink lots of water?

7. What are two healthy snacks for the mid-afternoon?

8. When are your muscles most flexible for powerful exercise?

9. Name two spices that help burn unwanted calories.

10. What is a good drink to help you fall asleep at night?

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Answers

- 1 You should start your day with a cup of green tea.
- 2 The best time is half an hour after you open your eyes.
- 3 You can choose unprocessed carbohydrates like fruit, yogurt, or rye bread.
- 4 You should eat small amounts at regular intervals throughout the day.
- 5 You can eat a banana or a kiwi fruit.
- 6 It helps take the edge off your appetite and makes the body use calories to warm the water up.
- 7 You can have dried fruit or fruit yogurt.
- 8 Your muscles are at their best later in the day after you finish work.
- 9 Chillies and ginger are mentioned as spices that help burn calories.
- 10 You can drink camomile tea or a glass of warm skimmed milk.