Healthy eating habits

1 THINK & SHARE Work in pairs. How many examples can you think of for each type of food below? Share your ideas as a class.

fast food fats fruit milk products sweets vegetables

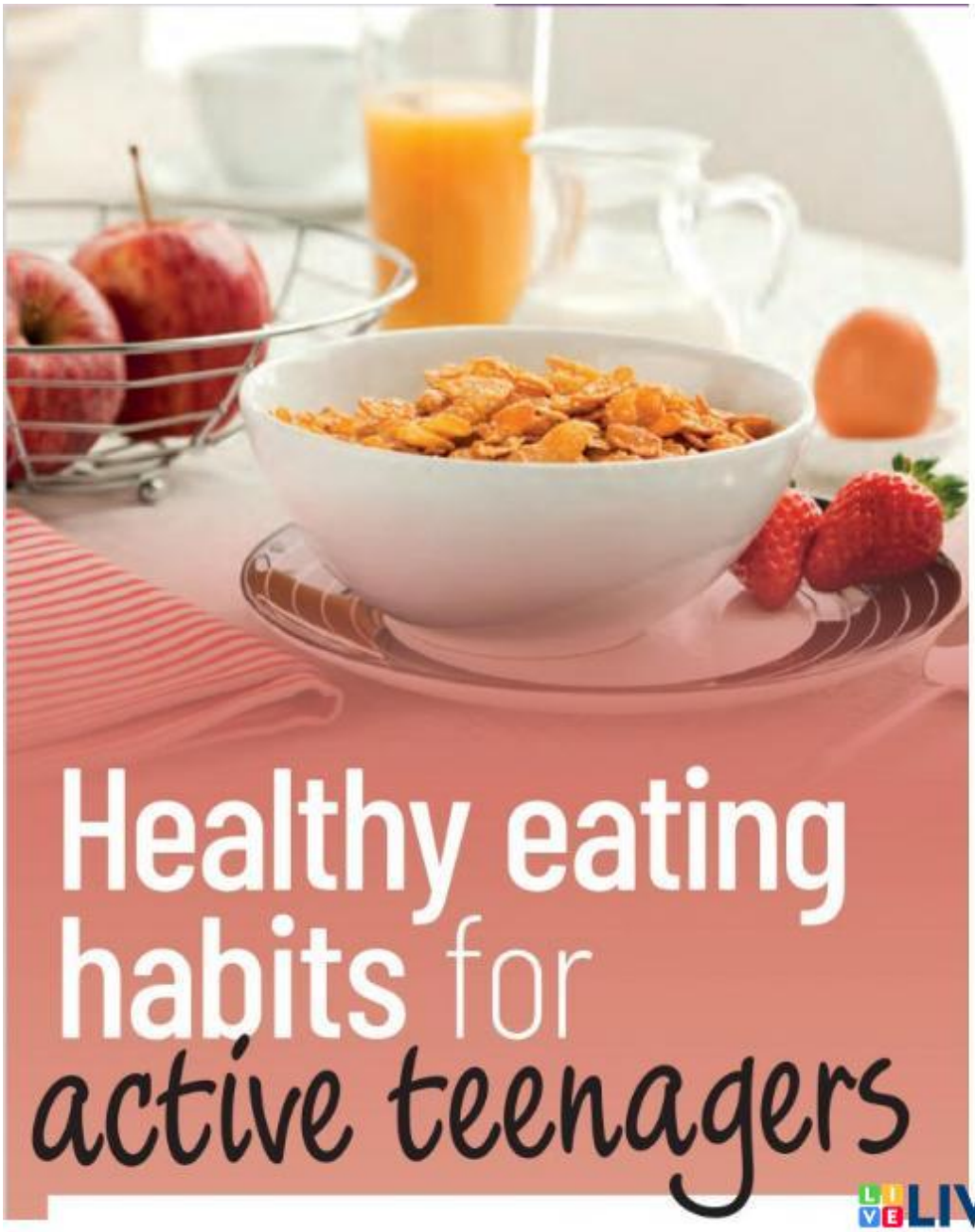
STRATEGY Using general knowledge to predict content

Before you read a text, look at the title and images or any extra information and answer these questions:

1 What can I see in the photo?
2 What do I know about this topic?
3 What do I think the main ideas are?

2 Read the strategy. Look at the photo and the title of the article. Then answer questions 1–3 in the strategy.

LIVEWORKSHEETS



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Many lifestyle changes happen when you're a teenager. You can start making your own choices. You can choose your own clothes, the music you listen to, and how you spend your time. It's also important to make the right choices about what you eat and drink. Healthy eating can help you feel fit, be happy and do well at school. But how? We answer your questions.

1 *Can I eat chocolate and cake?*

Yes, you can. You can still have all your favourite foods and drinks – cola, chocolate, cake and crisps. But these are all high in fat and sugar. Don't eat a lot of these things. You need a balanced diet. Use the Eatwell Guide to help you.

2 *I'm always tired at school. Can food help?*

Yes, it can. Start the day right and have breakfast. A healthy breakfast gives you the energy you need for school. Cereal and fruit juice are quick and easy, but are high in sugar. Try and eat some eggs or nuts with these. They help your body use the sugar slowly.

3 *How much water do I need to drink a day?*

There aren't any rules, but try and have six to eight glasses a day. Water and low-fat milk are good options. This quantity increases if you play sports or do workouts. Don't drink a lot of fruit juice. Remember, juice is high in sugar. One small glass a day is OK.

4 *Is there any fat which is good for you?*

Yes, some fats give you energy and help your body get important vitamins. There are healthy fats in nuts, eggs, olive oil, fish and avocados. Fish, avocados and dark chocolate can help you think. But don't eat a lot of fast food – it's got a lot of unhealthy fats.

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5 Read the article again. Choose the correct answer: A, B or C.

1 Teenagers need to choose the right things to …
A eat and drink. B listen to. C do in their spare time.

2 The Eatwell Guide says you can … eat foods that are high in fat and sugar.
A never B sometimes C often

3 Which of these foods is often full of sugar?
A nuts B yoghurt C juice

4 It's a good idea to drink … glasses a day if you do exercise.
A 6 B 8 C more than 8

5 Which of these facts about fats is true?
A They're never healthy. B They give energy.
C They have vitamins.

6 Which of these does NOT help you study well?
A dark chocolate B nuts C avocados

6 Work in groups. Ask and answer the questions. Use *How much … ?* and *How many … ?*

How healthy are your habits?

- fresh fruit / eat a day?
- glasses of water / drink a day?
- sugar / have at breakfast?
- sugar / eat every day?
- vegetables / eat a day?
- fast food / eat a week?
- time / spend in front of a screen every day?
- hours / sleep a night?

How much fresh fruit do you eat a day?

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