Healthy Living Advice

If you want to avoid problems like **stomachache, sore throat, cough, toothache**, or even **fever**, you should eat **healthy food** instead of **junk food**.

A plate of **rice, meat**, and **potatoes** gives your body strength, while **too much unhealthy food** like **chips** can make you feel **tired and sick**.

Adding **fresh strawberries** is a smart choice because they protect your teeth and **keep you active and fresh.**

When you feel a sore throat, **drinking warm herbal tea can help you** and if you have a cough or fever, **resting well** is the best medicine.

And when you go out, **wearing a top, jumper, dress** or **abaya** makes you feel comfortable and confident throughout the day.

~ Questions ~

1. What is the main idea of the text?

a) Eating junk food
b) Wearing clothes
c) Choosing healthy food and habits
d) Comparing chips and strawberries

2. Which foods are mentioned as healthy options in the text?

a) Only rice
b) Chips and sweets
c) Junk food and fast food
d) Rice, meat, potatoes, and strawberries

3. What can happen if you eat too much unhealthy food?

a) Feeling strong
b) Feeling weak
c) Feeling tired and sick
d) Getting more energy

4. What should you do if you have a sore throat?

a) You should eat chips
b) You should eat junk food
c) You should wear a jumper
d) You should drink warm herbal tea

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