

READING COMPREHENSION ACTIVITY

Full name: _____ Grade: 1st ____ Date: __/__/__

Competencia: Lee diversos tipos de textos en inglés.

Activity 1: Read the following text.

Eating healthy is important!

Eating healthy is important for your bodies and minds. Fruits, vegetables, whole grains, and proteins help us grow strong and stay active.

Drinking water is also important because it helps us stay hydrated. A balanced diet with a variety of foods helps us feel good and stay healthy.

Eating too much junk food, like candy and chips, can make us feel tired and sick. You should eat healthy food every day because is good for your body and mind.



Activity 2: Match the words with the correct meaning.

- | | |
|--------------|--------------------|
| a) eat | 1) cansado |
| b) tired | 2) debería |
| c) grow | 3) comida chatarra |
| d) mind | 4) beber |
| e) drink | 5) comer |
| f) sick | 6) crecer |
| g) should | 7) mente |
| h) junk food | 8) enfermo |

Activity 3: Read and complete the sentences.

- a) Drinking water helps us _____.
- b) Eating junk food makes us _____.
- c) Students should eat _____ every day.
- d) A balanced diet is important because it _____.

Activity 4: Read the text again and answer the questions.

- a) What are the consequences of eating junk food?

- a) What types of food should you eat to stay healthy?

- c) What is your opinion about eating healthy?
