Reading

1 ★ **Read the article and tick (✓) the statements *T* (true), *F* (false) or *DS* (doesn't say).**

Junk Food:
Rubbish or not?

Junk food isn't actually made of rubbish, as the word suggests, but it does describe food that is not good for your body. Junk food has lots of fat, sugar and salt which makes it taste good. That's why many people like it and eat a lot of it.

But did you know that when you eat junk food, you're not giving your body the protein and vitamins it needs? Sweets and chocolate contain a lot of sugar which gives you a burst of energy that does not last long. That is why you get tired quickly when you eat this kind of food. Not only that, junk food can actually lead to disease. Too much junk food can make you fat and turn your skin a poor colour. The sugar it contains damages your teeth and can cause cavities. Eventually, it can even damage your heart and lungs. Clearly, junk food is not the answer when you are hungry and need something to give you energy.

So, when you're at the supermarket, try not to buy packets of crisps and cans of cola. Instead, choose cartons of milk or orange juice and snacks like bananas or some cheese. Milk, meat, spaghetti, fruit and vegetables all give your body the nutrients it needs to grow and be healthy.

Remember, it's important to eat lots of fruit and vegetables and not too much junk food each day. You need to make smart choices when looking for a snack. So throw away the junk food and eat healthily!

		T	F	DS
1	Junk food contains lots of vitamins.			
2	Sweets give you energy all day.			
3	Junk food makes you tired.			
4	Junk food can damage your teeth in a month.			
5	Junk food affects the brain.			
6	Buying milk and bananas is a smart choice.			
7	Meat and spaghetti help your body grow.			

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