

NAME	
CLASS	
DAY / DATE	
SUBJECT / MATERIAL	ENGLISH / DESCRIPTIVE TEXT

Read the following text carefully!

Healthy Food

The doctor says that we must eat healthy food. If we don't, we can easily ill or weak.

What is healthy food? Well, a healthy food must be clean. It must not have bad bacteria in it. It must contain protein, carbohydrate, vitamins or minerals. In short, it must be nutrition.

Fruits and vegetables are healthy food. They contain a lot of vitamins. We must eat them everyday. But we must also eat meat, eggs, and rice. They give us a lot of protein and carbohydrate.

Choose the correct answer based on the text above!

1. How must a healthy food be?
 - A. It must be nutritious
 - B. It must contain bacteria
 - C. It must not contain protein
 - D. It must not contain vitamins
2. What happened to us if we don't eat healthy food?
 - A. We become fat
 - B. We became weak
 - C. We will be strong
 - D. We will be healthy
3. Oranges contain a lot of . . .
 - A. Protein
 - B. Mineral
 - C. Vitamins
 - D. Carbohydrate
4. What give us a lot of protein?
 - A. Fruits and vegetables
 - B. Meat and vegetables
 - C. Rice and bread
 - D. Meat and egg
5. Rice, bread, potatoes can give us a lot of . . .
 - A. Carbohydrate
 - B. Mineral
 - C. Vitamin
 - D. Protein