

READING COMPREHENSION ACTIVITY

I. Read the text and match the questions a-d to the paragraphs.

- a. How much sugar do you need every day?
- b. How many meals do you need every day?
- c. How much water do you need every day?
- d. How much fruit do you need every day?

What is a healthy diet?

- (1) Doctors say we need to have six meals a day. Normally we have breakfast, lunch and dinner, and it is a tradition to have a big meal. But, our body needs small quantities of food to process more frequently. This means you need to eat something every two or three hours.
- (2) Doctors say we need to eat fruit every day, and between three to five portions a day. Nowadays, it is possible to find fresh fruit at the supermarket. Usually they are organised by colour. You can find yellow fruit, for example, orange, tangerine and papaya; red fruit, for example, cherries and strawberries; green fruit, etc. So, it makes it simple for you to select from a range of colours.
- (3) People have different opinions about how much is required. Some people drink just one glass with their meal, others drink six glasses throughout the day, and other people drink it all day long. The truth is that we drink much more water than what we think. Water is everywhere, in fruit, in soups, in vegetables. The only important thing is to give your body one litre a day.
- (4) You may be surprised to learn that your body does not need sugar. In fact, it is not good for your body. Especially when it is artificial. The sugar you find in fruit is natural and your body processes it in a different way, but the sugar that comes from sweets, chocolates, and sodas is not good. Do you know how much sugar there is in a glass of soda? The answer is between four to six spoons, so think twice the next time you feel like a cola or a bar of chocolate.

Read the text again and choose the correct option.

- 1. How many meals do you need to have a day?
 - A. Six small meals
 - B. Six big meals
 - c. Three big meals

2. How much fruit do you need to have a day?

- A. None (zero)
- B. One to three portions
- c. Three to five portions

3. How much water do you need?

- A. One glass
- B. One litre
- c. 10 glasses

4. How much sugar do you need?

- A. Your body doesn't need sugar.
- B. Your body needs small quantities.
- c. Your body needs big quantities.

Doctors glass natural supermarket

6. Find these words in the text and match them to the definitions.

- a. a place to buy food and other products
- b. a container of liquids
- c. not artificial
- d. professionals who are trained to treat ill people

answer the following questions

- 1. How much water do you drink a day?**
- 2. How much fruit do you eat a day?**
- 3. Write in your notebooks 5 healthy habits and 5 unhealthy habits**