

EJERCICIOS

1. Read each text carefully and answer the questions. Sometimes the answers can be found in the text, other times you must work out the answer by what is being suggested by the author. The question may also ask you to give some evidence from the text to support your answer - take note of the marks for each question so that you know how much to write.

The Human Dustbin – You are what you eat!

Have you ever felt so full that you thought you might pop? Maybe you have gorged on your favourite sweets or devoured a whole family bag of crisps.

Your body is NOT a dustbin. It is a finely tuned machine and you are the only person who can look after it.

This diagram is a guide to how you can have a balanced diet to keep your body healthy and working properly.



1. The author has included a diagram of a balanced plate in the text. How does this help thereader? Pick one way that it helps:

- ☐ It helps the reader to understand about food.
- ☐ It helps to show what types of food a healthy plateful can be made from.
- ☐ It entertains the reader.

2. What does the word 'gorged' mean? Pick the best meaning from below:

- ☐ Snacked on
- ☐ Eaten too much of something
- ☐ Nibbled at all night

3. Why is the word 'not' in capital letters when the author writes: Your body is NOT adustbin. Pick one of these:

- ☐ To warn you about eating healthily and respecting your body.
- ☐ To shout at you and make you feel upset.
- ☐ To be rude to people who eat unhealthy food.

4. What is the first paragraph about? Pick two from this list:

- ☐ Treating your body with respect.
- ☐ Having a healthy diet.
- ☐ Eating as much as you can.

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Fuelling the body

Your body is a complicated, delicate piece of machinery. Many of the organs in the human body work together to take energy from food to keep you going all day. In some ways, this is just like putting fuel in a car. However, if you did put the wrong fuel in a car, the engine would soon start to splutter and things would go wrong. Your body is just like this - it needs the right fuel. Because of this, you need to think carefully about what you eat.

A balancing act

No-one is saying that you cannot have treats like sweets and crisps. Your diet (which is a way of saying everything you eat) needs to be varied, interesting and enjoyable. Many people plan their meals so that they include a variety of vegetables, protein, fruits and grains. Some people must be extra careful about what they eat. A vegetarian (someone who chooses not to eat meat) may have to find ways to replace meat with another source of protein. All of us need a balanced diet to help keep us healthy, we need the right fuel to keep us going throughout the day, just like a car.

The long food road

The human digestive system is complex, takes a long time to do its work, and involves many different parts of the body. From putting something in your mouth to the moment when 'nature calls', these are the start and end of one of the most amazing and complex processes in nature, and it all happens inside of us all the time, every single day.

All living things eat and all living things excrete. You only get one body, so it is important to take some control over what happens to it, fuel it up properly, exercise it, and try to lead a balanced and healthy life.

– these questions are about 'Fuelling the Body'.

1. Why do humans need food?

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2. Why does the author talk about putting fuel in a car when he is talking about human eating?

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3. Describe one way in which vegetarians have to plan what they eat.

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4. Why did the author write 'nature calls' with quote marks?

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5. Look back at all three texts you have read. Why does the author think that the process of digestion is amazing? Give a reason and an example from the text to support your answer.

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