



Read the following text and answer the questions below:

Ben and Amy are in the kitchen. Ben is showing Amy a food pyramid. It shows you the food you should eat. The top of the pyramid shows foods you should only eat sometimes. The bottom shows foods you should always eat. Fruit and vegetables are healthy so you should eat lots of them.

Ice cream and cake are very sweet so you should eat a little of **them**.

Fried food is not healthy. It makes you fat. You shouldn't drink fizzy drinks because **they** are very sweet.

You should drink lots of water because it is good for you.

Questions:

1. Where are Amy and Ben?
2. What is Ben showing Amy?
3. Why should you eat lots of fruit and vegetables?
4. Why shouldn't you drink fizzy drinks?

Circle true or false sentences:

1. The top of the pyramid shows food you should always eat. T. or F.
2. You should eat lots of water. T. or F.

Complete:

Fried food makes you

1. The pronoun "them" (L.6) refers to
2. The pronoun "they" (L.8) refers to

Find words in the passage which mean the same as:

The highest part

The lowest part

Strong and well

Find words in the passage which mean the opposite of:

Never

Lots of

**The End
Good Luck**

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