



Read the following passage, then answer the questions below:

The food pyramid shows you the food you should eat. The top of the pyramid shows food you should only eat sometimes. It's bottom shows foods you should always eat.

Dad thinks Rania and Omar shouldn't eat lots of fried food because it's not healthy. Mum thinks they should eat lots of fruit and vegetables because they are healthy.

Amy and her friends went on a picnic last Friday. They preferred healthy food. They took bread, vegetables, fruit and a little meat. They took lots of water. They didn't buy fizzy drinks because they are very sweet and not healthy.

Questions:

1. What does a food pyramid show?

2. Why shouldn't Rania and Omar eat lots of fried food?

3. Why should they eat lots of vegetables ?

4. When did Amy and her friends go on a picnic ?

5. What did they prefer?

6. Did they buy fizzy drinks? Why ?

Write (T) for true sentences and (F) for false ones:

1. () The top of the pyramid shows you the food that you should always eat.
2. () Dad thinks fried food is not healthy.
3. () Mum thinks fruit and vegetables are healthy.
4. () Amy and her parents went on a picnic.
5. () They took lots of fizzy drinks.

Get from the passage:

1. The opposite of : top X ----- / unhealthy X -----
never X ----- / a little X -----.
2. Healthy food : -----
3. Unhealthy food : -----

Write good advice:

(What you should / shouldn't do)

1. eat / healthy

You -----.

2. only eat / a little chocolate cake.

-----.

3. eat / lots of / ice-cream

-----.

4. buy / burgers / fizzy drinks

-----.

5. eat lots of / carrots soup / vegetables

-----.

Join the sentences using "because":

1. Amy should eat vegetable soup. It is healthy.

2. Fizzy drinks are very sweet. You shouldn't buy fizzy drinks.

3. Omar should eat rice and meat. They make him strong.

4. Fried food makes you fat. You shouldn't eat lots of fried food.

Correct the underlined verbs:

1. You shouldn't eats lots of fried food. (-----)

2. Yesterday I going on a picnic. (-----)

3. Fizzy drinks be very sweet. (-----)

4. They watched TV while I doing my homework. (-----)

5. A wolf was chasing the sheep when they run away. (-----)

Complete the following dialogue:

(think - sweet - Hello - should - healthy- food- ice cream)

Ben: Hello, Amy!

Amy: ----- Ben! What's this ?

Ben : It's a ----- pyramid.

Amy: What do you mean ?

Ben: It shows the food you ----- eat.

Amy: Should I eat -----?

Ben: Let me ----- . Yes, but only a little.

Amy: Why ?

Ben: Because it's very ----- . It's not ----- .

The End

Good Luck

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