

READING ACTIVITY

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READ THE TEXT CAREFULLY AND ANSWER THE FOLLOWING QUESTIONS



Doctors tell us to eat more fruits and more vegetables. They tell us to drink more water and less **fizzy drinks**. But do we listen?? No, we **continue** to eat lots of **junk food** like pizza, sweets, chips, cakes and biscuits.

We are what we eat. If we keep putting bad things into our bodies every day, like lots of fats and sugar, we will see bad things happen to our body. Unhealthy food makes your body unhealthy. When you get older you start to have a lot of problems like **heart diseases**. We only think that burgers taste better than salad. We think that the juice we buy from the supermarket is more delicious than the juice we make at home. Burgers, French Fries and fizzy drinks may be delicious but they haven't got enough vitamins and minerals. Your body needs vitamins and **minerals** to grow healthy. Healthy food gives our body the vitamins and the minerals it needs.

People eat junk food because it is **tasty** but everybody can have a **tasty meal** at home. The only problem is that buying **fresh products** and cooking takes time. And people **prefer** to spend time doing other activities such as watching films, meeting friends, walking in parks and so on. I also like to do these activities but I am very careful of my body. If you want to be healthy, you should eat healthy food every day!!



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Collins UK Publishing Staff, Collins Uk

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