

HEALTHY FOOD HEALTHY MOOD

A. Do the magazine survey to find out how healthy balanced your diet is.

1. Do you have breakfast before going to school?
 - a. Always
 - b. Sometimes
 - c. Never
2. What do you normally have breakfast?
 - a. Fruit juice, cheese sandwich
 - b. Milk and cereals
 - c. Sausages and chips
3. Do you salt your food before tasting it?
 - a. never
 - b. sometimes
 - c. Always
4. How often do you eat salad or vegetables?
 - a. Everyday
 - b. Rarely
 - c. Never
5. How often do you eat soup?
 - a. Always
 - b. Once a week
 - c. Never
6. How often do you eat fish?
 - a. Every week
 - b. Rarely
 - c. Never
7. How many servings of fruit do you usually have each day?
 - a. 2-3 servings
 - b. 1-2 servings
 - c. 1 serving or less
8. Do you go very long without eating?
 - a. I generally eat something every three hours
 - b. I often go 4-5 hours without eating anything
 - c. I rarely eat something between breakfast and dinner
9. What do you usually have for dessert?
 - a. Fruits
 - b. Pudding
 - c. Cake
10. How often do you have late-night dinner?
 - a. Never
 - b. Sometimes
 - c. Often
11. How often do you eat at fast food restaurant?
 - a. Almost never
 - b. Often
 - c. Very often
12. What beverages does your diet usually include?
 - a. Milk and fruit juice
 - b. Tea and coffee
 - c. Fizzy drinks

Evaluation:

- If you have 10-12 'a's; this exactly means you have healthy eating habits. It's not surprising to guess that you will have a healthy body and mind without trying hard. You always eat variety of foods that give you the nutrients you need to maintain your health, feel good, and have energy. You are great, congratulations!
- If you have 7-9 b's, you have to stop to think about your health. You need to make some changes to eat healthier. Try to be physically active and maintain a healthy weight. Keep healthy snacks with you at home or school and let it be.
- If you have 6 or less c's and if you carry on like this you are in danger of having health problems soon. It's obvious that you should change your habits but don't try to change all at the same time. It's best to set small goals and change your habits a little bit at a time. Over time, small changes will make so big difference in your health that can't help trying further.



B. Match the words to make collocations

- | | |
|---------|-------------|
| 1 lose | a fit |
| 2 keep | b calories |
| 3 go on | c healthy |
| 4 burn | d exercises |
| 5 do | e weight |
| 6 stay | f a diet |

C. Search the Net for specific fruit and vegetables. Write both about the vitamins and minerals they contain but also their benefits to the human body.

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Answers:

A: Free answers

B: 1. e; 2. a; 3. f; 4. b; 5. d; 6. c

C: Free answers