

1. Do the survey on food.

a) The things that I eat and drink are healthy.

- A)** Yes, all of the time
- B)** Yes, sometimes
- C)** No, not all the time

b) Do you eat breakfast at home?

- A)** Almost always or always
- B)** Sometimes
- C)** Almost never

c) Do you ever drink 100% fruit juice?

- A)** Almost always or always
- B)** Sometimes
- C)** Almost never

c) How many sugary drinks do you usually drink in a day?

- A)** two or more a day
- B)** one to two a day
- C)** none

2. Read the text and answer True / False questions.

- a)** Exercising regularly does not help us be healthy.
- b)** Doing our daily chores is also important for our health.
- c)** Eating sugar will damage your body.
- d)** Researches show that breakfast is not very important.
- e)** Fast food contains a lot of fine oil.

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3. Answer the questions.

- a)** What must we eat in the morning?
- b)** What should you do to be healthy?
- c)** Why isn't the food that you eat out good?