

1. Read the text and list the healthy and unhealthy snacks.

a) Healthy snacks:

.....

b) Unhealthy snacks:

.....

2. Answer the questions according to the text.

a) What is a good idea to have in the morning but not in the evening?

b) What are dried fruits?

c) Which snacks should you eat rarely?

d) Why are fizzy drinks bad?

e) Nothing is more important than what?