

- **Read the text. Answer the questions.**

- Why should we have a balanced diet?

.....

- What happens when you are overweight?

.....

- What will happen if you don't exercise?

.....

- How can doctors help us remain healthy?

.....

- **Match the underlined words in the text with the meanings.**

- | | |
|---------------|---|
| • remain | 1. foods that have a lot of oil in them |
| • fatty foods | 2. ask for advice |
| • overweight | 3. continue to be |
| • consult | 4. too heavy or fat |