

> Reading

**SMART FOOD**

**1 Read the text.**

*Do you know that...*

- Fish is good for your brain.
- Dark green vegetables such as spinach are good for your eyesight.
- Fruit is good for your heart.
- Chicken soup fights colds.
- Water is good for your skin.
- Apples lower cholesterol.
- Dark chocolate lowers blood pressure.
- Whole grain bread helps your heart.
- Broccoli and beans build bones.
- Peanuts are great for your heart.
- Watermelon helps prevent heart disease and strokes.
- Papayas have two times as much vitamin C as oranges.
- Soybeans lower cholesterol and make bones strong.

**2 Underline the best choice in parentheses.**

1. An (apple / egg) a day helps lower your cholesterol.
2. A bowl of (soybeans / chicken soup) is good for a cold.
3. (A glass of water / Watermelon) is good for your skin.
4. (Fruit / Dark chocolate) lowers your blood pressure.
5. A serving of (papaya / dark green vegetables) helps your eyesight.
6. Eat some (chicken soup / watermelon) to prevent strokes.
7. Eat some (peanuts / broccoli) every day for your heart.

> Writing

**3 How often do you eat or drink these things? Complete the chart below.**

Food / Drink	How many times a week
fruit	5
vegetables	
whole grains (bread, cereal, or pasta)	
chicken or turkey	
fish	
beef	
dairy (milk, cheese, yogurt)	
glass of water	
glass of juice	
sweets	
junk food	

**4 Write sentences about what you do — and don't — eat and drink during the week. Use the information in the chart.**

1. *I eat fruit five times a week.* \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_