

Healthy Eating

Level: B1 Topic: Nutrition

Eating healthy is important for everyone. It helps us feel good and have energy. A balanced diet includes fruits, vegetables, whole grains, and proteins. Instead of sugary snacks, choosing fruits can satisfy your sweet tooth and provide vitamins. Drinking enough water is also essential; it keeps us hydrated and helps our bodies function well. Some people like to cook their meals at home because they can control the ingredients. Learning to read food labels is helpful too; it allows us to make better choices. Remember, small changes can lead to a healthier lifestyle, so start with one meal at a time.

Questions

1. What is a benefit of eating healthy?

- A) It makes you feel tired
- B) It helps you feel good
- C) It costs a lot of money
- D) It makes you gain weight

2. Which food group should be included in a balanced diet?

- A) Only sweets
- B) Fruits and vegetables
- C) Only meat
- D) Fast food

3. What is a good alternative to sugary snacks?

- A) Chips
- B) Fruits
- C) Chocolate bars
- D) Soda

4. Why is drinking water important?

- A) It makes you feel hungry
- B) It keeps you hydrated
- C) It prevents exercise
- D) It takes away your energy

5. What can cooking at home help you do?

- A) Control the ingredients
- B) Spend more money
- C) Avoid healthy food
- D) Make larger portions