

Healthy Eating

Level: B1 Topic: Health and Nutrition

Eating healthy is important for our well-being. A balanced diet includes fruits, vegetables, whole grains, and proteins. I try to eat a variety of foods every day to get the nutrients my body needs. For breakfast, I often have oatmeal with fruits. It keeps me full and gives me energy for the day. For lunch, I prefer salads with lots of vegetables and some chicken or beans. I also drink plenty of water throughout the day. In the evenings, I enjoy cooking new recipes. Sometimes I make stir-fried vegetables with rice or whole grain pasta. Eating healthy not only helps me stay fit but also makes me feel better. I believe that what we eat can directly affect our mood and energy levels.

Questions

1. What does a balanced diet include?

- A) Only fruits
- B) Fruits, vegetables, whole grains, and proteins
- C) Sweets and snacks
- D) Meats only

2. What does the person often have for breakfast?

- A) Pancakes
- B) Oatmeal with fruits
- C) Cereal with milk
- D) Toast with butter

3. What does the person prefer for lunch?

- A) Fast food
- B) Salads with vegetables and proteins
- C) Pizza
- D) Sandwiches only

4. What does the person enjoy cooking in the evenings?

- A) Frozen meals
- B) Stir-fried vegetables or whole grain pasta
- C) Canned soups
- D) Fast food

5. How does eating healthy affect the person?

- A) Makes them tired
- B) Improves mood and energy levels
- C) Doesn't change anything
- D) Makes them hungry