

Healthy Eating

Level: B1 Topic: Nutrition

Eating healthy is vital for maintaining good health. A balanced diet includes a variety of foods such as fruits, vegetables, whole grains, and proteins. These foods provide the nutrients our bodies need to function well. It's also important to drink enough water throughout the day. Many people struggle with unhealthy eating habits, like consuming too much fast food or sugary snacks. To improve your diet, try to cook more meals at home. Preparing food yourself allows you to choose fresh ingredients. Additionally, planning meals in advance can help you make better choices. Remember, small changes can lead to significant improvements in your health over time.

Questions

1. What is essential for good health?

- A) Eating junk food
- B) Eating healthy
- C) Working out all day
- D) Skipping meals

2. What should a balanced diet include?

- A) Only fruits
- B) A variety of foods
- C) Only proteins
- D) Only vegetables

3. What is important to drink daily?

- A) Juice
- B) Water
- C) Soda
- D) Coffee

4. What can cooking at home help with?

- A) Choosing fresh ingredients
- B) Eating more fast food
- C) Ordering takeout
- D) Eating less healthily

5. What can lead to better health choices?

- A) Planning meals in advance
- B) Eating at restaurants
- C) Buying snacks
- D) Avoiding fruits