Healthy Eating

Level: B1 Topic: Nutrition

Lucy has recently become interested in healthy eating. She believes that good food is essential for maintaining her energy and health. Every week, she goes to the local market to buy fresh fruits and vegetables. Lucy enjoys cooking and often tries new recipes that are both nutritious and delicious. She has learned to make salads, smoothies, and whole grain dishes. To stay motivated, Lucy follows several healthy cooking blogs. Her friends have noticed her energy and asked for her favorite recipes. Lucy loves sharing her knowledge and encourages others to eat healthier. She feels that making small changes can lead to a big difference in health.

Questions

1. What has Lucy become interested in?

A) Fast food
B) Healthy eating
C) Baking
D) Fasting

2. Where does Lucy buy her fresh produce?

A) At a grocery store
B) At a local market
C) Online
D) From a friend

3. What does Lucy enjoy making?

A) Snacks
B) Desserts
C) Nutritious dishes
D) Beverages

4. What does Lucy follow for motivation?

A) Cooking blogs
B) Fitness programs
C) Diet plans
D) Cooking shows

5. How does Lucy feel about healthy eating?

A) It's a waste of time.
B) It's difficult.
C) It's essential for health.
D) It's expensive.