



ASIGNATURA	English	CURSO	7th	DOCENTE	Lissete Riffo
ALUMNO				FECHA	June 11, 2021

Learning Objective: Recognize general and specific information

1. Read the text and choose a title for each paragraph (Leer el siguiente texto y elige un título para cada párrafo)

- a) Cut down on Salt – b) Dangers of saturated fat – c) five-a-day –
d) Drink a lot of water – e) Cut down on Sugar.

HOW TO STAY HEALTHY WITH FOOD.	
<p>1. _____</p> <p>People who eat a lot of fruit and vegetables are less likely to have heart problems. You should eat at least five portions of fruit and vegetables a day. One portion is e.g. a banana, an apple, one slice of melon or pineapple or two plums. Remember that potatoes are not included on that list.</p> <p>2. _____</p> <p>Eating too much salt can raise your blood pressure. And people with high blood pressure are three times more likely to develop heart disease or have a stroke than people with normal blood pressure. Three-quarters (75%) of the salt we eat is already in the food we buy, such as breakfast cereals, soups, sauces and ready meals. So you could easily be eating too much salt without realizing it.</p>	<p>3. _____</p> <p>Having too much saturated fat can cause heart disease. Products that contain large amounts of saturated fats are meat pies, cheese, butter, lard, cream, cakes. You should replace butter and lard with vegetable oils, which don't contain saturated fat.</p> <p>4. _____</p> <p>Having sugary foods and drinks too often can cause tooth decay. Cutting down on sugar will help you control your weight. Sugar is added to many types of food e.g. fizzy drinks, juices, sweets, biscuits, cakes, ice cream</p> <p>5. _____</p> <p>We should be drinking about 6 to 8 glasses of water every day and even more when the weather is warm. Don't drink too much coffee or tea as they can dehydrate you.</p>

3. Read the text again and answer true or false. (Lee el texto de nuevo y responde verdadero o falso)

	TRUE	FALSE
a) Eating vegetables and fruit is good for your heart	<input type="checkbox"/>	<input type="checkbox"/>
b) One melon is a portion of fruit	<input type="checkbox"/>	<input type="checkbox"/>
c) Potatoes can be eaten as part of your five-a-day	<input type="checkbox"/>	<input type="checkbox"/>
d) Eating much salt increases blood pressure	<input type="checkbox"/>	<input type="checkbox"/>
e) High blood pressure doesn't cause you any harm	<input type="checkbox"/>	<input type="checkbox"/>
f) There is a lot of salt in the food we buy	<input type="checkbox"/>	<input type="checkbox"/>
g) Eating saturated fats causes heart problems	<input type="checkbox"/>	<input type="checkbox"/>
h) There is a lot of saturated fat in vegetable oils	<input type="checkbox"/>	<input type="checkbox"/>