



Name: \_\_\_\_\_

Date: \_\_\_\_\_

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Read this text and answer the questions that follow.

## Healthy Eating

Imagine you're scaling a mountain; the wind whipping through your hair; the sun warming your face. Suddenly, your legs feel like jelly, your stomach growls like a grumpy bear. What happened? You forgot to pack the right fuel for your adventure!

**Food is like rocket fuel for our bodies.** It gives us energy to run, jump, think, and even dream! But not all food is created equal. Some foods are like slow-burning logs, keeping our energy steady for a long trek. Others are like sugary rockets, giving us a quick burst but then leaving us feeling tired and cranky.

So, what are the best foods for our daily adventures? Let's explore!

**Think of your plate as a colorful map.** Each food group is a different world, offering unique treasures:

- **Fruits and vegetables:** These vibrant explorers are packed with vitamins, minerals, and antioxidants. They're like tiny superheroes, boosting your immune system and keeping you energized.
- **Whole grains:** These sturdy mountains provide sustained energy, like slow-burning fuel for your adventures. Brown rice, quinoa, or whole-wheat bread will keep you going for miles!
- **Lean protein:** These protein powerhouses are the builders, repairing and strengthening your muscles. Chicken breast, fish, beans, and lentils are all excellent choices for adventurers on the go.
- **Healthy fats:** Healthy fats, like those found in avocados, nuts, and olive oil, are essential for brain health and keeping your heart happy. They're like the secret ingredient that makes your journey smooth and enjoyable.

**But wait, there's more!** Just like adding spices to your food, healthy habits can add flavor to your life:

- **Drink plenty of water:** Think of water as your trusty compass, guiding you to good health. It keeps your body functioning smoothly and helps you stay alert.



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- **Move your body:** Exercise is like a treasure hunt, unlocking hidden energy and making you feel fantastic. Dance, swim, play a sport – find activities you love and let your body move!
- **Listen to your body:** Pay attention to hunger and fullness cues. Don't overfill your tank, but don't let it run empty either! Refuel regularly with healthy snacks throughout the day.

**Remember, healthy eating is an adventure, not a chore!** Explore new foods, experiment with recipes, and make it fun. With the right fuel and a positive attitude, you can conquer any challenge that comes your way!

**1. What is the main idea of the text?**

- A. Healthy food is important for everyone.
- B. Fruits and vegetables are the only healthy foods.
- C. Eating healthy is like going on an adventure.

**2. Which food group provides sustained energy?**

- A. Fruits and vegetables
- B. Whole grains
- C. Lean protein

**3. What is NOT a healthy fat mentioned in the text?**

- A. Avocado
- B. Butter
- C. Olive oil

**4. What is the best way to stay hydrated?**

- A. Drink sugary drinks
- B. Drink plenty of water
- C. Avoid liquids altogether

**5. What is the most important thing Zaid learns?**

- A. Critical and judgmental
- B. Informative but neutral Answers:
- C. Positive and encouraging



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**Writing Task:**

**6. Write a short paragraph to answer these questions:**

Are you a healthy person? If yes, what do you do to keep healthy? What do you eat and what kind of exercise do you do? If not, do you have plans to change your lifestyle? Explain.

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