

Name: _____

Mark: _____

Date: ____/____/____

Teacher: _____

Food Fright



Doctors in Britain are worried because British teenagers eat lots of crisps, sweets and fat food. Most teenagers don't enough fruit or vegetables and more than one million British school children are overweight,

Some teenagers say that they don't have time to eat good foot, but kids who have a poor diet often have health problems when they are older.

Americans have been familiar with fast food for a long time, it was born there. American fast food is now a part of life far beyond the stores of United States. McDonald's Pizza Hut, Burger king have restaurants all over the world.

No one can deny that the idea of fast food at a fair price has its place around the word. These establishments are popular not simple because they are fulfilling a need within a particular country's economy.

A steady diet of burgers, fries and soda may seen delectable, but it won't nourish your body with vitamins and minerals you need to stay healthy. Fast food lacks many important nutrients.

Some parents are blaming the proliferation of fast food restaurants where people eat high-calorie foods of low nutritional value.

Now doctors are giving young people books and games about a good diet. Having healthy, well-balanced diet can help you feel better and live longer.

A- Say if these sentences_ are True or False. Always support your answer with a sentence from the text.

1- British doctors don't care about habits of young people.

2- A great percentage of British school children are fat.

3- Fast food restaurants were born in France.

4- Fast food restaurants are popular around the world.

5- To keep our body healthy we need a steady diet of burgers.

6- Doctors are trying to inform teenagers about a good diet.

B_ Match words taken from text with their synonym or explanation:

- | | |
|-------------------|----------------|
| 1. kids | a) restaurants |
| 2. shores | b) necessity |
| 3. deny | c) children |
| 4. fair | d) reasonable |
| 5. establishments | e) say no |

6. need

f) coast

B- Answer the questions with complete answers:

1- Why are British doctors worried?

2- Do young people normally eat vegetables and fruit?

3- What kind of problems can a poor diet bring?

4- Why do so many people go to fast food restaurants?

5- Are parents happy with the appearance of fast food restaurants? Why?

6- What should we do to have a longer and better life?
