

# Healthy Eating and Food Choices

COMPREHENSION • VOCABULARY • DISCUSSION

## INTERACTIVE ONLINE TEST

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## Reading Passage

Read the passage carefully. Each paragraph is labelled with a letter for easy reference.

**A** Eating well does not mean following a strict or expensive diet. It simply means choosing foods that give your body the energy, vitamins, and minerals it needs every day. The easiest way to remember this is the “half-plate rule.” When you sit down to eat, try to fill half of your plate with fruit or vegetables, one quarter with protein such as beans, eggs, chicken, or fish, and one quarter with grains like rice, pasta, or whole-wheat bread. Breakfast should wake up both your brain and body. A bowl of oats with milk and a banana is quick, cheap, and keeps you full until lunch. Sugary breakfast cereals taste good, but they often contain more sugar than a piece of cake, so it is better to eat them only as a treat. At lunchtime, many people rush to fast-food restaurants. A small burger now and then is fine, but eating it every day can add too much salt and fat. Try a simple vegetable soup with a slice of bread, or make a colorful salad the night before and bring it to school or work. Adding beans, tuna, or boiled eggs gives you protein that helps build muscles. For dinner, families often eat together. Grilling or baking food is healthier than frying, because you use less oil. For example, put pieces of chicken and mixed vegetables on a baking tray, add a little olive oil, pepper, and lemon juice, then cook for thirty minutes. The meal smells good, tastes fresh, and has many different colors—an easy sign that it is good for you. Finally, remember to drink water during the day. Soft drinks are sweet but contain hidden sugar. Water has no sugar, no calories, and it keeps your body working well. Healthy eating is not about perfect choices; it is about many small, smart choices made every day.

## Vocabulary Glossary

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Key words and phrases from the passage. Study them before attempting the exercise below.

WORD / PHRASE	DEFINITION	EXAMPLE SENTENCE
<b>strict</b>	very firm or strong; not flexible	<i>My teacher is strict about homework. It must be done every day.</i>
<b>minerals</b>	natural substances found in food that are good for health, like iron or calcium	<i>Milk has calcium, a mineral that makes bones strong.</i>
<b>grains</b>	small, hard seeds of plants like wheat and rice	<i>Bread is made from grains like wheat.</i>
<b>cereals</b>	grains prepared as breakfast food, often with milk	<i>I eat cereal with milk every morning.</i>
<b>treat</b>	something special that you eat not often	<i>Ice cream is a treat for after dinner.</i>
<b>fast-food</b>	quickly prepared food sold in restaurants, often not very healthy	<i>Pizza and burgers are popular fast-food items.</i>
<b>grilling</b>	cooking food over direct heat, usually on a grill	<i>We grilled chicken at the barbecue yesterday.</i>
<b>calories</b>	units of energy that show how much energy food gives	<i>An apple has fewer calories than a chocolate bar.</i>

### Vocabulary Exercise — Fill in the Blank

Use one word or phrase from the glossary above to complete each sentence. Each item is used only once. Answers are on the final page.

1. She follows a \_\_\_\_\_ diet and never eats any sweets.
2. Eating different fruits and vegetables gives your body important vitamins and \_\_\_\_\_.
3. Whole-wheat bread and rice are examples of \_\_\_\_\_.
4. Some people like to have \_\_\_\_\_ with milk for breakfast.
5. We went to the park and had ice cream as a \_\_\_\_\_.
6. \_\_\_\_\_ like burgers can be tasty but are not always healthy if eaten every day.

## Comprehension Questions

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*These questions are different from the online practice test. Choose the best answer (A, B, C, or D). Answers and explanations are on the final page.*

### Question 1

#### **What is the 'half-plate rule'?**

- A. Eat half of your meal in the morning.
- B. Half of your plate should be fruit or vegetables.
- C. Only fill half your plate with grains.
- D. Drink half a glass of water with meals.

### Question 2

#### **Why does the passage suggest not eating sugary cereals every day?**

- A. They are too expensive.
- B. They are not tasty.
- C. They have a lot of sugar.
- D. They are hard to find.

### Question 3

#### **What is one benefit of grilling or baking food for dinner?**

- A. It takes less time.
- B. It uses less oil.
- C. It makes food softer.
- D. It is more colorful.

### Question 4

#### **What does the passage suggest to drink during the day?**

- A. Juice
- B. Water
- C. Milk
- D. Soft drinks

### Question 5

#### What is the main idea of the passage?

- A. Eating healthy is expensive.
- B. Healthy eating is about making small, smart choices.
- C. Cooking at home is always better than eating out.
- D. You should never eat fast food.

### Discussion & Writing Prompts

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*Each prompt references a specific detail from the passage above. Use for classroom discussion or a short written response (150–200 words).*

1. Paragraph 1 introduces the 'half-plate rule'. How easy or difficult would it be to follow this rule in your daily life, and why?

2. The passage mentions that sugary breakfast cereals often have more sugar than a piece of cake. Do you think people should be more aware of hidden sugars in foods, and how could they learn about this?

3. The passage suggests grilling or baking food instead of frying. Do you think these methods are popular in your country, and what might affect people's cooking choices?

# Answer Key

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## COMPREHENSION QUESTIONS

Q1 B

Q2 C

Q3 B

Q4 B

Q5 B

## VOCABULARY EXERCISE

FIB1 strict

FIB2 minerals

FIB3 grains

FIB4 cereals

FIB5 treat

FIB6 Fast-food

## Comprehension Question Explanations

Why the correct answer is right — and why each wrong option is incorrect.

### 1. What is the 'half-plate rule'?

✓ B — Half of your plate should be fruit or vegetables.

The passage explains that half of the plate should be filled with fruit or vegetables.

✗ A — Eat half of your meal in the morning.

*This option is not mentioned in the passage.*

✗ C — Only fill half your plate with grains.

*The passage suggests one quarter of the plate for grains, not half.*

✗ D — Drink half a glass of water with meals.

*Drinking water is mentioned, but not as part of the half-plate rule.*

### 2. Why does the passage suggest not eating sugary cereals every day?

✓ C — They have a lot of sugar.

The passage states that sugary cereals often contain more sugar than cake.

✗ A — They are too expensive.

*The passage does not mention the cost of cereals.*

✗ B — They are not tasty.

*The passage notes they taste good despite the sugar content.*

✗ D — They are hard to find.

*Availability is not discussed in the passage.*

### 3. What is one benefit of grilling or baking food for dinner?

✓ B — It uses less oil.

The passage mentions that grilling or baking uses less oil than frying.

✗ A — It takes less time.

*The passage does not mention time as a reason for grilling or baking.*

✗ C — It makes food softer.

*The texture of food is not discussed in terms of grilling or baking.*

✗ D — It is more colorful.

*Colorfulness is mentioned, but not as a benefit of grilling or baking.*

### 4. What does the passage suggest to drink during the day?

✓ B — Water

The passage recommends water because it has no sugar or calories.

✗ A — Juice

*Juice is not mentioned as a recommended drink in the passage.*

✗ C — Milk

*Milk is not suggested as the main drink for the day in the passage.*

✗ D — Soft drinks

*Soft drinks are discouraged due to hidden sugar.*

### 5. What is the main idea of the passage?

✓ B — Healthy eating is about making small, smart choices.

The passage emphasizes making many small, smart choices for healthy eating.

✗ A — Eating healthy is expensive.

*The passage states that healthy eating does not need to be expensive.*

✗ C — Cooking at home is always better than eating out.

*While cooking at home is suggested, the passage does not say it is always better.*

✗ D — You should never eat fast food.

*The passage allows for occasional fast food.*

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