



Worksheet 1. Reading: *How to Be Healthy*

Read the introduction to a booklet on good health from the U.S. government. Then see the notes and answer the questions on the next page.

How to Be Healthy

Good health is a wonderful thing, but you can't take it for granted! For good health, you should eat nutritious foods, and you should be physically active each day. You have to be aware of the things that you choose to eat, and you have to make time in your daily schedule for physical activity.

It's important to choose a variety of fruits and vegetables. You should also eat a variety of grains daily, especially whole grains, like whole wheat bread and brown rice. You should include fat-free or low-fat milk and dairy products. For protein, you should eat lean meats, poultry, fish, beans, eggs, and nuts.

You should not have foods with a lot of cholesterol, salt (sodium), or added sugar. You should not eat junk food like cheeseburgers, French-fried potatoes, candy, and soft drinks, even though they may taste very good!



In addition to proper nutrition, you must be physically active. Try to get at least 30 minutes of exercise most days of the week. If you are overweight, you'd better increase the amount of time that you spend in physical activity. You don't have to do boring exercises -- you can participate in a team sport or do individual activities you enjoy, like swimming, tennis, or hiking.



Eating right and being physically active aren't just a "diet" or a "program"—they are keys to a healthy lifestyle. With healthful habits, you may reduce your risk of many chronic diseases such as heart disease and diabetes, and you may very well increase your chances for a longer life. You might even live to be more than 100 years old!

cholesterol = a chemical substance in blood. Too much may cause heart disease.
chronic = a chronic disease or illness that continues for a long time and cannot be cured

grains = the seeds of crops such as corn, wheat, or rice

poultry = chickens, ducks, etc. that are kept on farms to produce eggs and meat

protein = a natural substance in meat, fish, nuts, etc. that makes you strong

take it for granted = to believe that something good will always be there



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Answer the questions. Circle a. or b.

1. What is this passage about?
 - a. Cooking healthful food.
 - b. Basic rules to be healthy.

2. Which foods are good for you, according to the passage?
 - a. Fish and chicken.
 - b. Cheeseburgers and French fries.

3. Which sentence is true?
 - a. You should eat just one good kind of bread.
 - b. You should eat many kinds of good food.

4. Which things are things that you shouldn't eat?
 - a. Food that is high in cholesterol.
 - b. Whole grains.

5. How much exercise should a normal person get?
 - a. Half an hour every day.
 - b. An hour a day.

6. Which sentence is true?
 - a. You can get exercise when you do activities that you like.
 - b. You have to be in an exercise class to get exercise.

7. What do the guidelines do?
 - a. They show the reader the keys to a healthy lifestyle.
 - b. They put the reader on a diet and exercise program.

8. Is this statement true: If you have healthful habits, you may live to be older than 100 -- unless you have an accident?
 - a. This statement is true.
 - b. This statement is not true.