

READING COMPREHENSION

1. Read the following text (and the words below it):



Healthy Food

There are many fast food restaurants in my town. Lots of people eat fast food, but I think it isn't healthy. They eat this food because it's tasty, but everybody can have a tasty meal at home.

The only problem is that buying fresh products and cooking them takes time. And people prefer to spend time doing other activities, such as watching films, meeting friends, walking in the parks etc.

I also like to do these activities, but I am very careful with my diet. Fresh fruit and vegetables will always give me energy for the day. I like milk, eggs, roast chicken and mashed potatoes. Fried potatoes are nice but unhealthy, like all fried food. My favourite meal is fish. And for desert I'm afraid I eat too many sweet things: chocolate, candies, cakes, you know...

2. Now answer the questions:

- What does the writer think about fast food?
- Why do people eat fast food?
- What other activities do people like to do instead of cooking?
- What food will always give energy to the writer?
- Which food is unhealthy?

3. Finish the next sentences with ideas from the text:

- a. Fast food is not considered.
- b. People eat fast food because
- c. The writer thinks that with a little effort, everybody can have a.....
- d. The writer pays a lot of attention to.
- e. He likes to eat healthy food, but he is afraid that he eats



Short Esl Articles On Nutrition

Raffaela Di Napoli



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In a fast-paced digital era where connections and knowledge intertwine, the enigmatic realm of language reveals its inherent magic. Its capacity to stir emotions, ignite contemplation, and catalyze profound transformations is nothing in short supply of extraordinary. Within the captivating pages of **Short Esl Articles On Nutrition** a literary masterpiece penned with a renowned author, readers set about a transformative journey, unlocking the secrets and untapped potential embedded within each word. In this evaluation, we shall explore the book's core themes, assess its distinct writing style, and delve into its lasting effect on the hearts and minds of those who partake in its reading experience.

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Table of Contents Short Esl Articles On Nutrition

1. Understanding the eBook Short Esl Articles On Nutrition
 - The Rise of Digital Reading Short Esl Articles On Nutrition
 - Advantages of eBooks Over Traditional Books
2. Identifying Short Esl Articles On Nutrition
 - Exploring Different Genres
 - Considering Fiction vs. Non-Fiction
 - Determining Your Reading Goals
3. Choosing the Right eBook Platform
 - Popular eBook Platforms
 - Features to Look for in an Short Esl Articles On Nutrition
 - User-Friendly Interface
4. Exploring eBook Recommendations from Short Esl Articles On Nutrition
 - Personalized Recommendations
 - Short Esl Articles On Nutrition User Reviews and Ratings
 - Short Esl Articles On Nutrition and Bestseller Lists

5. Accessing Short Esl Articles On Nutrition Free and Paid eBooks
 - Short Esl Articles On Nutrition Public Domain eBooks
 - Short Esl Articles On Nutrition eBook Subscription Services
 - Short Esl Articles On Nutrition Budget-Friendly Options
6. Navigating Short Esl Articles On Nutrition eBook Formats
 - ePub, PDF, MOBI, and More
 - Short Esl Articles On Nutrition Compatibility with Devices
 - Short Esl Articles On Nutrition Enhanced eBook Features
7. Enhancing Your Reading Experience
 - Adjustable Fonts and Text Sizes of Short Esl Articles On Nutrition
 - Highlighting and Note-Taking Short Esl Articles On Nutrition
 - Interactive Elements Short Esl Articles On Nutrition
8. Staying Engaged with Short Esl Articles On Nutrition
 - Joining Online Reading Communities
 - Participating in Virtual Book Clubs
 - Following Authors and Publishers Short Esl Articles On Nutrition
9. Balancing eBooks and Physical Books Short Esl Articles On Nutrition
 - Benefits of a Digital Library
 - Creating a Diverse Reading Collection Short Esl Articles On Nutrition
10. Overcoming Reading Challenges
 - Dealing with Digital Eye Strain
 - Minimizing Distractions
 - Managing Screen Time
11. Cultivating a Reading Routine Short Esl Articles On Nutrition
 - Setting Reading Goals Short Esl Articles On Nutrition
 - Carving Out Dedicated Reading Time
12. Sourcing Reliable Information of Short Esl Articles On Nutrition
 - Fact-Checking eBook Content of Short Esl Articles On Nutrition
 - Distinguishing Credible Sources
13. Promoting Lifelong Learning

- Utilizing eBooks for Skill Development
- Exploring Educational eBooks

14. Embracing eBook Trends

- Integration of Multimedia Elements
- Interactive and Gamified eBooks

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