

1c Complete the table with the information from the article.

Poor eating habit	Result	Reason for the result	Idea / Advice
have fast food too often			
	feel sleepy; hard to focus	need food for energy	
			have fruit for snacks

1d Read the article again and answer the questions.

1. What foods have lots of salt and fat?
2. What foods have lots of sugar?
3. What does “You are what you eat” mean?
4. Do you think the poor eating habits in the article are common among young people? Why or why not?

2a The Joy Clinic wants teenagers to share their eating habits. Read Lisa’s post. How many eating habits does Lisa write about? What are they?

5 hours ago



Lisa

I have some good eating habits. I eat three meals a day, and I have them on time. I eat a lot of vegetables too. Some of my friends don’t like carrots or other vegetables, and they don’t eat them, but I eat all kinds of vegetables.

However, I have some bad eating habits too. First, I drink too many soft drinks. I love soft drinks because they taste so good! But soft drinks usually have a lot of sugar. They’re bad for me. Second, I don’t drink enough water. I drink water when I am thirsty, but it’s better to drink before I get thirsty. In future, I should drink more water.





2b Talk about your own eating habits. Use the questions to help you.

1. What good habit(s) do you have?
2. What bad habit(s) do you have?
3. What can you do to improve your eating habits?

2c Write about your own eating habits with the information from 2b.