**Reading comprehension A2- B1**

**The following text is from a website for parents who want their teenage children to have healthy and balanced diet.**

**The text contains advice for parents.**

**TASK: Read the text and answer the questions below.**

**Normal Diet For Adolescents - 12 To 18 Years Of Age**

**• Changing Food Habits**

**• Teenagers are often very busy with school, work, and sports schedules. Help your teenager plan his day if he will not be home for meals. Send healthy snacks or packed lunches with him. This will help him avoid filling up on "junk" food or high fat foods. They may need extra snacks to take with them or meals they can prepare quickly.**

**• Your teenager still learns from your healthy eating habits. Be an example and praise his good food choices whenever you can. Never criticize the way your child looks at this time of life. Teenagers can easily become too worried about their body image. If they are eating too much or too little, it can affect their growth. Talk with your doctor if you are worried about your teenager's eating habits.**

**• Food Group Choices**

**• Give your teenager at least one serving per day of a high vitamin C food. Examples are citrus fruits and juices, tomatoes, potatoes, and green peppers. Your teenager also needs one serving per day of a high vitamin A food. This includes spinach, winter squash, carrots, or sweet potatoes.**

**• Choose lean meats, fish, and poultry foods for your teenager. They are a source of proteins young people need in the period of growth. Also, give your teenager 2% milk and low-fat dairy foods. Avoid fried foods and high fat deserts, serve them only on special occasions. This will lower his risk for heart disease when he is older.**

**Reading Comprehension**

**What should parents do?**

**Tick the ideas that are not mentioned in the text:**

**• Parents should help their busy teenage children with planning their day.**

**• If the children do not eat at home, parents should give them money for healthy food.**

**• If the children do not eat at home, parents should pack healthy lunches for them.**

**• Parents can eat junk food, but they should inform their children about how unhealthy it is.**

**• Parents should never be critical about the way their children look.**

**• If they don´t know what to do, the parents should ask their doctor for information.**

**Complete the sentences. Use expressions from the box. Careful! There is one too many.**

**citrus fruits dairy avoid contain low-fat poultry vitamin C meat sweets heart milk**

**The teenagers need a balanced diet, but their parents should help them eat meals high in \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ every day. They can find it in tomatoes, potatoes, green peppers, and \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .**

**Spinach, carrots, sweet potatoes also should be on a teenager´s plate because they \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ vitamin A.**

**The children grow and need proteins, so make sure they eat \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ or \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .**

**To help their bones, the teenagers should consume \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ products, such as \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ .**

**In general, try to choose \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ food, they will have healthier \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ when they are older. And definitely \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ fried food.**

**Healthy Eating Habits**

**VOCABULARY PART – Food Pyramid**

**1. Label the parts of the food pyramid with:**

**• Cereals**

**• Dairy products**

**• Fat, salt, sugar**

**• Fruit**

**• Meat**

**• Vegetables**

**2. Which part of the pyramid is a source of:**

**- carbohydrates:**

**- proteins:**

**- vitamins:**

**- minerals:**

**- fibre:**