**Sample conversation**

**I hate fast food.**

Iris: I’m starved. Let’s get a quick bite to eat.

Gary: What are you in the mood for?

Iris; Somewhere with a drive through. We don’t have much time.

Gary: I hate fast food. Can’t we go to a sit-down restaurant?

Iris: What have you got against fast food?

Gary: It’s so greasy. It’s really not healthy, you know.

Iris: Most fast food places have salads. Get that.

Gary: I’m not a rabbit.

Iris: But fast food is so convenient. It’s so fast.

Gary: I don’t care.

Iris: Besides, most sit-down restaurant meals are full of fat,too.

Gary: Not if you go to the right restaurants.

Reading

Good habits of healthy eating

Healthy eating and lining a healthy life style have a lot to do with forming the right habits. Here are five of the best habits you can develop when it comes to healthy eating. Start by picking one of them making it a habit of your own before moving on to the next. Before you know it, you will have developed a much healthier eating lifestyle.

Drink plenty of water

Your body has to stay well hydrated to perform at its best and to properly process all the nutrients in the food you eat. Drink at least 8 glasses of water a day. You may need even more water if you are in a tot environment-like spending the day at the beach in 95-degree weather, or if you are exercising.

Eat breakfast

You’ve probably heard this before; breakfast is the most important meal of the day. After not eating for the past ten hours, your body needs fuel to get you going. You will have more energy will be more alert after eating breakfast.

Dont skip the lunch.

There are many days when we are tempted to skip lunch. Let’s take a look at what happens when we skip lunch. Blood sugar levels drop, metabolism slows down to compensate for the missing fuel and when you got home you are starving and eat everything you can get your hands on.

Eat your fruit and vagetables

There is a good reason the 5-a-day campaign started. We should eat at least 5 servings of fruits and vegetables a day, yet many of us get hardly any servings in at all. Grab a piece of fruit for a snack, add some banana and raisins to your favorite breakfast cereal, have a salad with a lunch, and make it a habit to fix at least one vegetable side with dinner each night.

Avoid late dinners

With our busy lives we are always tempted to put off dinner until the last minute. Try to eat dinner at least three hours before you go to bed. This will give your body a chance to digest most of the food before you rest for the next 8 hours.

Comprehension questions

1. How many glass of water do you need to drink a day at least?
2. Which meal is the most important of the day?
3. Which one do you currently practice?

**DISCUSSION**

1. How often do you read the nutritional information on food labels? What are you most concerned about?
2. How do you feel about vegetarians? Would you like to be a vegetarian? Why or Why not?
3. Do you usually have breakfast or skip breakfast? Why do you think many modern people don’t eat breakfast? How important do you think it is to eat breakfast in the morning?

**SELF-STUDY**

\*Fill in the blanks with the words from the vocabulary.

greasy / obese / sedentary / saturates / diabetes / hypertension

1. That man over there is really big. He is absolutely …………………….
2. She has had ……………since childhood but controls it with insulin.
3. He has taken medicine to lower ………….for 5 years.
4. His ………..lifestyle includes working at a desk all day and watching television at night.
5. That sausage is too ………..to eat.
6. The rain is so heavy that it …………the ground.