

Name _____ Date _____

HEALTH FAMILY MEALS



The Shinawatra family is trying to eat healthy meals, but it is difficult. Both Mr. and Mrs. Shinawatra work all day, and they are tired when they get home. They also have two young sons who need a lot of attention. Their oldest son is seven years old and the younger son is nine months old.

It is difficult for the Shinawatras to plan healthy family meals when they have such a busy schedule. Lately, the family has been eating fast food that Mr. Shinawatra picks up on the way home from work. This is a bad habit, and the Shinawatras are worried that their children will develop poor eating habits. They want to start eating healthy homemade meals.

TRUE OR FALSE

Eating fast food for dinner is a bad habit. (True/False)

Mrs. Shinawatra is tired when she gets home from work. (True/False)

Eating fast food for dinner is a bad habit. (True/False)

Mrs. Shinawatra is tired when she gets home from work. (True/False)

What should the Shinawatras do? How can they solve their problem?

