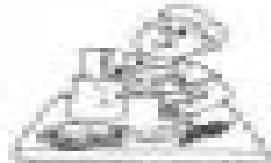


Exercises

Name _____ Date _____
 Class _____ Mark _____

1. READ AND COMPLETE THE CHART

Vegetables and fruit are very important for your health. You're both parents recommend to eat 500 grams of fruit or vegetables a day. Unfortunately, the present food situation is not ideal. There are two main reasons for this. First, many people do not eat enough fruit and vegetables. Second, many people eat too much fat and sugar. This is the reason for the increase in obesity and heart disease. To improve the food situation, you and your family should eat more fruit and vegetables. You should also eat less fat and sugar. This will help you to stay healthy and happy.



Country/Region	Fruit & veg intake	Fat & sugar intake	Obesity rates	Health issues

2. LISTEN AND COMPLETE THE NOTES

Notes

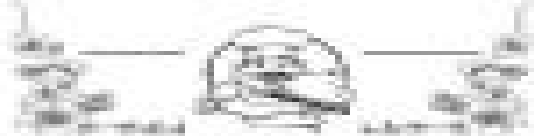
Name: _____

Topic: _____

Notes

Name: _____

Topic: _____



- | | | | | |
|---------------|----------|--------|--------------|---------|
| Vegetables | Fruit | Fat | Sugar | Obesity |
| Heart disease | Diabetes | Stroke | Hypertension | Cancer |