**Reading Comprehension**

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In this reading lesson you’re going to read about “Healthy Food” that you need to eat every day for your body needs to keep us healthy and stay fit.

**Healthy Food**

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ur health depends on what we eat every day. It is very important to know what is good for our bodies and what is not. We ca stay healthy if we have a balanced diet of meat, vegetables and fruit.

In Asia, people serve rice with almost every meal. In European countries, they eat a lot of potatoes. In Germany, Austria and Switzerland nearly every meal is served with potatoes.

The way we cook food can make it good or bad for us. Boiled or steamed potatoes are very healthy, but a popular way of eating potatoes is *chips*. (It is called French fries in America). Chips are cooked in hot oil which is a kind of fat. Too much fat is not good for us. We should avoid eating too much chips and a lot of fried food.

**Answer the questions:**

1. Are meat, vegetables and fruit important to your health?

2. Is it good to eat only meat?

3. Is fried food healthy for body?

4. What do American people call “chips”?

5. Do you like fried food?

**Let’s learn**

**-need**

* Everyone needs food to stay healthy.
* You need not work hard. Your father is already very rich.
* You need to study hard if you want to pass exams.

It is + adjective + V

* It is hard to earn a lot of money.
* It is bad to steal money.
* It is nice to eat good food.
* It is interesting to watch TV.

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Tags:

happy Learning, Healthy food, reading comprehension, EnglishTutorHub, reading practice, Teacher Javelyn, people in Asia eat rice, European countries eat pototatoes, school, primary, videos for children, videos for kids, educational videos, French fries, chips, educational videos for kids, balanced diet, The food pyramid, fats, sweets, dairy, calories, carbohydrates, vegetables, fruits, meat