

7. What about a jigsaw puzzle then?

a. That's a good idea. How much are they?

b. Go up the street and turn to the left

III. Reading.

Read the text and mark the statements True (T), False (F).

Food Fright

Doctors in Britain are worried because British teenagers eat a lot of crisps, sweets and fat food. Most teenagers don't have enough fruit or vegetables and more than one million British schoolchildren are overweight.

Some teenagers say that they don't have time to eat good food, but kids who have a poor diet often have health problems when they are older. Fast food is typical of American's diet, it was born there. American fast food is now part of life all over the world. McDonald's, Pizza Hut, Burger King have restaurants in many countries on all the continents.

The only good thing about fast food is its low price. In fact, a steady diet of burgers, fries and cola doesn't fill your body with vitamins and minerals you need to stay healthy. Fast food is rich in calories but it doesn't have many important nutrients (питательные вещества).

Now doctors give young people books and games about food diet. Having healthy, well-balanced diet can help you feel better and live longer.

enough – достаточно

poor – бедный

low - низкий

1. Most teenagers have enough fruit or vegetables
2. Fast food is typical of American's diet.
3. The only bad thing about fast food is its high price.
4. Fast food is rich in calories.
5. Doctors don't give young people books about food diet.
6. Fast food doesn't have many important nutrients
7. Well-balanced diet can help you feel worse and live shorter.