

ENGLISH - UNIT 6- HEALTHY LIVING

1. Read the text and decide if the statements are true (T) or false (F) or not mentioned (NM)

Breakfast is on the decline

The number of people eating breakfast is declining in the United States, reports the American Dietetic Association. Breakfast consumption among US adults declined from 86% in 1985, to 70% in 2005. The largest decline was among adolescents and young adults. Recent studies have shown that skipping breakfast makes children less efficient in selecting information to solve problems. Our memory is also affected, as well as verbal fluency and control attention. School breakfast programmes may therefore help increase children's school attendance and test performance.

1.

	T	F	NM
1. Fewer people eat breakfast in the United States today.			
2. More teenagers than adults skip breakfast.			
3. Breakfast can help students do better at school.			
4. A lot of schools provide students with healthy breakfast.			

2. Circle the odd word out

- Poultry, grains, beef, pork
- Yoghurt, dried fruit, cheese, milk
- Bake, peel, roast, grill
- Unfit, alert, health, active
- Boost, consume, promote, enhance

3. Write the translation and the noun of the words

Consume=.....-.....

Inform=.....-.....

Increase=.....-.....

Attend=.....-.....

4. Write what you would like to have for a healthy breakfast.

(Answers should be written on your notebook)