

Read the article and answer the questions. Write complete answers.

YOUR HEALTH IN YOUR HANDS (by Calvin Kong)

A number of recent surveys in Hong Kong show that the majority of people in Hong Kong have a very poor diet. We eat too little fruit, too much fat and drink too few glasses of water. It is clear that something needs to be done about this because this kind of diet is simply not good for our health. I shall explain my reasons for thinking this below.

To begin with, it is obvious that if we eat too much of the wrong food, we will get fat. Being fat can lead to a number of short-term effects. For example, people who are overweight often feel tired and stressed. Sometimes, they cannot sleep well at night because they have difficulties breathing. Being fat can also lead to several far more serious long-term effects. People who are fat often start to get high blood pressure and can sometimes get heart disease. It is unwise of people to forget that both of these diseases can lead to early death.

In addition, eating an unbalanced diet can cause us to become weak. Many students don't eat enough of the kinds of food at the bottom of the food pyramid. These kinds of food contain lots of carbohydrates and give you energy. If you don't include them in your diet, you will become so weak that you won't have the energy you need to run around... or get out of bed in the morning! Certain food is also very important for building strong bodies. For example, if we want to end up with strong bones and teeth, it is important that we include things like milk and sardines, which are rich in calcium, in our diet.

Finally, it is crazy of people to forget that our diet can also affect our appearance. If you eat too many oily types of food, for example, fried chicken wings and French fries, and drink too little water, you will almost undoubtedly get pimples. Pimples are not attractive and can cause students to lose confidence. Eating very sweet food can also cause problems. For example, some people eat so many sweets that they get rotten teeth. A set of black teeth will definitely ruin a beautiful smile.

To conclude, it is obvious that the saying 'You are what you eat' is extremely true. If we want to avoid getting fat, avoid getting pimples and rotten teeth, and grow up strong and healthy, it is clear that we need to eat healthily.

1. Who wrote this article?

2. What do recent surveys in Hong Kong show?

3. Why is it said that people in Hong Kong have a very poor diet?

4. What short-term effects can being fat lead to?

5. What long-term effects can you suffer if you are fat?

6. Why should you eat a lot of rice, pasta or bread?

7. Why is milk so important?

8. What is the problem of eating too much oily food?

9. What problems can be caused by very sweet food?

10. There is a saying that goes 'You are what you eat'. What does it mean?
