

# 4. Reading Comprehension

4a. Open your English Book 4B and turn to P. 40, 41.

Read the passage.

**Reading**

Read the magazine article.

**Is it difficult to make healthy choices?**

We all know that it is important to eat healthy food but when it comes to snacks, it may be hard to make good choices. We interviewed **500** children about their favourite snacks. The results are in the chart.



Snack	Number of children
potato chips	189
chocolate	155
fish balls	123
biscuits	33

Here are some of the children's comments:

I always have snacks after school. Yesterday I had some instant noodles, a bar of chocolate and a can of cola. Yum!

**Ben**

I eat two packets of potato chips every day. They are so yummy. I can't stop eating them!

**Lucy**

These choices are not good. Too many potato chips are bad for us. Eating a packet a day is like drinking five litres of cooking oil a year! Fish balls and instant noodles are no better. They are usually pre-fried so they have a lot of oil. They have too much salt too.

**Healthy Kids Magazine**  
by Alice Kwan

Together, a bar of chocolate and a can of cola contain about 15 teaspoons of sugar. Too much sugar is bad for our teeth and can make us overweight.



**Cool tips**


We can choose healthier snacks such as a bunch of grapes or a piece of brown bread. But these don't sound very exciting, do they? Why not try one of these cool ideas? Snacks can be healthy AND tasty!

**Brown Bear**



This is healthy, delicious and fun to make. All you need is a slice of bread, a banana and a packet of rolling.

**Fruit Pizza**



Pizza often contains a lot of fat and salt. What if you made a fruit pizza? It looks and tastes fruity-tasteful!

I hope we can all learn to make healthy food choices. With fun snacks like these, it will be easy to eat well!

Do you think it is difficult to make healthy choices? Why / Why not?

4b. Finish Book P. 42

**Post-reading**

Read the magazine article again. Finish the first part of the recipe. Use one word from the article in each blank.

1

**Recipe for Fruit Pizza**

This pizza is very \_\_\_\_\_ to make and it is much \_\_\_\_\_ than a normal pizza because you use \_\_\_\_\_ to make it.

Ingredients

Answer the questions and blacken the circles.

2 According to the chart, what is the most popular snack?

3 According to the writer, why are fish balls and instant noodles unhealthy?

4 Why does the writer tell us about cooking oil?

A. Some pupils use a lot of cooking oil.

B. To show us how much oil is in potato chips.

C. To tell us some snacks are pre-fried.

D. To get us to choose healthy cooking oil.

6 What is the main purpose of this magazine article?

A. to tell us about children's favourite snacks

B. to tell us about unhealthy eating habits

C. to teach us how to make healthy snacks

D. to get us to eat healthier snacks

**Phonics**

healthy bread

ea (short 'e')

Listen and circle the letters 'ea' which make the short 'e' sound.

A healthy breakfast has baked beans and brown bread.  
A heavy breakfast has fatty meat and cheese instead.

Does 'ea' always make the same sound?

4c. Open your My Study Buddy (MSB) 4B and turn to P.55.

Finish the extra reading questions.

### Post-reading

(Book p.42) (Extra questions)

Date: \_\_\_\_\_



Will you take the challenge? (Q6-Q10)

Answer the question and blacken ● the circles.

6 Read the last paragraph on p.40: These choices are not good.  
What do 'these choices' refer to?

7 Look at the chart on p.40. Which sentence is true?

- A. Potato chips are less popular than chocolate.
- B. Fish balls are less popular than biscuits.
- C. Chocolate is more popular than fish balls.
- D. Fish balls are the least popular snack.

8 The chart tells us \_\_\_\_ .

- A. which snack is the least healthy
- B. how many children chose healthy snacks
- C. unhealthy snacks are popular with children
- D. how to choose healthy snacks

9 Brown Bear and Fruit Pizza \_\_\_\_ .

- A. both contain grain products
- B. both contain fruit
- C. both contain fat and salt
- D. are healthier than brown bread and fruit

10 What is the main idea of the first paragraph?

- A. There are not many good snacks to choose from.
- B. It is important to eat healthy snacks.
- C. It is not easy to choose healthy snacks.
- D. It is important to eat health food.



How well did you do?



## 4d. Reading worksheet (RWS)

Diana is reading an article in the library. Blacken ● the circles next to the best answers for Q1-5 and fill in each blank with ONE word only for Q6.

Today, more and more children in Hong Kong are overweight. In fact, one out of five children is too fat.

Many Hong Kong children often eat a lot of junk food like hamburgers, fried chicken and French fries. Junk food contains a lot of fat and salt. Too much of them are bad for us. Children in Hong Kong also drink a lot of soft drinks. Soft drinks are high in sugar so they can make us fat. At the same time, many children only have a few vegetables and a little fruit in their diets. As a result of these eating habits, many of them are overweight.

Some parents think babies are healthier when they are fat so they feed them a lot of milk. When these babies are older, they often have a big appetite. They need more food in order to feel full and most of them seldom do exercise. They may spend hours every day watching TV or playing computer games but they spend little or no time doing exercise. This is another cause of the overweight problem.

Being overweight may lead to serious diseases like heart disease and high blood pressure. It may also affect children's social life. Other children may make fun of overweight children by calling them nasty names like 'Fatty'.

To solve this problem, children need to have a balanced and healthy diet. They need to eat less junk food and more vegetables and fruit, and drink fewer soft drinks. They also need to exercise more often. It is a good idea for parents to exercise with their children in order to set a good example.

1. Read the first two paragraphs. Which of the following about Hong Kong children is **NOT** true?
- A. 1/5 of them are overweight.
  - B. Their diet contains too much fat and salt.
  - C. Their drinks are not sugary.
  - D. They need to eat more vegetables and fruit.

2. Read line 9: ... they often have a big appetite. What does the writer mean?
- A. The children are heavy and big.
  - B. The children like drinking milk.
  - C. The children eat a lot.
  - D. The children are healthier.
3. What does the writer think are the causes of the overweight problem?
- 1 Children have bad eating habits.
  - 2 Children think they look healthier when they are fat.
  - 3 Children do not exercise often.
  - 4 Children have serious diseases.
- A. 1 & 2
  - B. 1 & 3
  - C. 3 only
  - D. 1, 3 & 4
4. Which of the following is **NOT** a piece of advice from the last paragraph?
- A. Children need to eat more broccoli and lettuce.
  - B. Children need to drink more milk.
  - C. Children need to drink less cola.
  - D. Children need to eat fewer French fries.
5. What is the best title for this article?
- A. Bad Eating Habits in Hong Kong
  - B. Doing Exercise is Good for Your Heart
  - C. How to Have a Balanced Diet
  - D. The Problem of Overweight Children
6. Diana's classmate Peter is overweight. Diana is writing him a message. Finish the message with only ONE word for each blank.

Peter,

Don't eat so many potato chips and French fries. Try to have a healthy (i)\_\_\_\_\_. Eat more vegetables and fruit. Also, don't sit all day long in front of the TV or computer. Do (ii)\_\_\_\_\_ more often. You can try walking up and down the stairs or walking in the park first. We can do this together. Let's go!

Diana