

Name: _____.

Grade: _____. Group: _____. Date: _____.

Read and answer the questions.

1. What is one of the most dangerous and common food products? Why?

_____.

2. What are some risks of drinking/eating a lot of sugar?

_____.

3. Why are many companies/people against pre-sweetened beverages selling?

_____.

4. What do you think about "healthy vs unhealthy" food?

_____.

5. Do you think it is easy to follow a strict diet?

_____.

6. Why do you think it is important to reduce the ingestion of sugar?

_____.

7. Do you think sugary food is better than fried food? Why?

_____.

8. Why is fried food less healthy?

_____.

9. What are some issues or risks of going on a diet? Why?

_____.

10. Why is it important to have a good and healthy diet?

_____.

