

## Do you eat your 5 a day?

Have you heard that you should eat five portions of fruit and vegetables a day? Perhaps you have seen “One of your 5 a day” on packs of fruit, vegetables or juice? But do you know how important fruit and vegetables are for your health?

Firstly, fruit and vegetables are a source of vitamins and minerals. Why is that important? Because your body needs these things to keep you healthy, that’s why! For example, Vitamin C is found in many fruits, such as oranges. This vitamin keeps your skin, bones and blood vessels healthy. If you eat lots of different fruit and vegetables, you will get plenty of vitamins and minerals.

Secondly, eating fruit and vegetables can help to keep you healthy in other ways too. They can reduce your risk of getting some diseases, such as heart disease, when you are older. Also, a diet with plenty of fruit and vegetables has been shown to help you to concentrate. So you could do better at school, just by eating a healthy diet!

Thirdly, because most fruit and vegetables are low in fat and calories, eating them can help you to stay at a healthy weight. Do not to cook them in a lot of fat as this adds calories. There are plenty of interesting ways to cook vegetables. One good way is steaming them, which makes them very tasty and keeps in more vitamins and minerals!

Are you eating your five a day? Maybe you think you don’t like them? There is a huge range of fruits and vegetables at your local supermarket so why not try something new? Fresh, frozen, canned, dried or juiced fruit and vegetables all count towards your 5 a day, so try some out to see what you like best. You could even try growing some for yourself. You are sure to find something delicious!



## Do you eat your 5 a day?

1. The title of this text is *Do you eat your 5 a day?*  
What kind of sentence is this? Circle the answer:  
  
statement    question    exclamation    command
2. How many portions of fruit and vegetables should you eat each day?
3. What are fruit and vegetables a good source of?  
Tick the correct answer:  
 Fat and calories  
 Vitamins and minerals
4. According to the text, which three parts of the body can Vitamin C keep healthy?
5. How can fruit and vegetables help you do better at school?

6. Complete the missing word from this sentence, using the information in the text:

There are plenty of \_\_\_\_\_ ways to cook vegetables.

7. Why shouldn't you cook vegetables in a lot of fat?
8. What does the article suggest as a good way of cooking vegetables? Circle the answer:  
  
frying      grilling      steaming
9. What type of text is this? Tick the correct answer:  
 Diary  
 Persuasive article  
 Instruction text  
 Newspaper report
10. What are your favourite kinds of fruit and vegetable?

## Do you eat your 5 a day?

1. The title of this text is *Do you eat your 5 a day?*  
What kind of sentence is this? Circle the answer:

statement **question** exclamation command

2. How many portions of fruit and vegetables should you eat each day?  
5
3. What are fruit and vegetables a good source of?  
Tick the correct answer:

- Fat and calories  
 Vitamins and minerals

4. According to the text, which three parts of the body can Vitamin C keep healthy?

**skin, bones and blood vessels.**

5. How can fruit and vegetables help you do better at school?  
**By helping you to concentrate.**

6. Complete the missing word from this sentence, using the information in the text:

There are plenty of **interesting** ways to cook vegetables.

7. Why shouldn't you cook vegetables in a lot of fat?

**Because it adds calories.**

8. What does the article suggest as a good way of cooking vegetables? Circle the answer:

frying grilling **steaming**

9. What type of text is this? Tick the correct answer:

- Diary  
 Persuasive article  
 Instruction text  
 Newspaper report

10. What are your favourite kinds of fruit and vegetable?

**Answers may vary.**

## **Are you getting your 5 a day?**

You have probably heard that you should eat five portions of fruit and vegetables a day. Perhaps you have seen “One of your five a day” on packs of fruit, vegetables or juice? But do you know how important fruit and vegetables are for your health?

Firstly, fruit and vegetables are an excellent source of vitamins and minerals. Why is that important? Because your body needs these things to keep you healthy, that’s why! For example, Vitamin C is found in many fruit and vegetables, including citrus fruits, broccoli and peppers. This vitamin is important for the health of your skin, bones and blood vessels. If you eat a variety of fruit and vegetables, you will get plenty of vitamins and minerals.

Secondly, scientists have proved that eating fruit and vegetables can help to keep you healthy in a variety of ways. It will reduce your risk of developing some diseases (such as heart disease) in later life. A diet rich in fruit and vegetables has been shown to make it easier to concentrate. So you could improve your school work, just by making sure you eat a healthy diet!

Thirdly, because most fruit and vegetables are naturally low in fat and calories, eating them can help you to stay at a healthy weight. Take care not to cook them in a lot of fat as this adds calories. There are plenty of interesting ways to cook vegetables. You could try steaming them. This helps to retain lots of wonderful flavours as well as those important vitamins and minerals!

So there is really no excuse for not eating your five a day. Maybe you think you don’t like them? There is a huge range of fruits and vegetables at your local supermarket, why not try something new? Fresh, frozen, canned, dried or juiced fruit and vegetables all count towards your five a day, so experiment to see what you like best. You could even try growing some for yourself. You are sure to find something delicious!



## Are you getting your 5 a day?

1. The title of this text is *Are you getting your 5 a day?* What kind of punctuation can be found in the title? Tick the answer:  
 comma  
 exclamation mark  
 question mark
2. According to the article, does juice count as 'one of your five a day'?
3. Where can you find Vitamin C? Give three examples from the text.
4. Can you write a definition for the word *variety*?
5. How does the article suggest that fruit and vegetables can help you to do better at school?
6. True or False: Fruit and vegetables are naturally high in fat and calories.
7. Why shouldn't you cook vegetables in a lot of fat?
8. Give two reasons why steaming is a good way to cook vegetables:
9. Why has this article been written?  
 To persuade people to eat more fruit and vegetables.  
 To teach people how to cook.  
 To explain where fruit and vegetables come from.
10. Suggest three synonyms for 'delicious'?

## Are you getting your 5 a day?

1. The title of this text is *Are you getting your 5 a day?* What kind of punctuation can be found in the title? Tick the answer:

- comma
- exclamation mark
- question mark

2. According to the article, does juice count as 'one of your five a day'?

**Yes**

3. Where can you find Vitamin C? Give three examples from the text.

**Citrus fruits, broccoli and peppers.**

4. Can you write a definition for the word *variety*?

**A number / collection of different things.**

5. How does the article suggest that fruit and vegetables can help you to do better at school?

**By helping you to concentrate.**

6. True or False: Fruit and vegetables are naturally high in fat and calories.

**False.**

7. Why shouldn't you cook vegetables in a lot of fat?

**Because it adds calories.**

8. Give two reasons why steaming is a good way to cook vegetables:

**1) It retains lots of flavour.**

**2) It retains the vitamins and minerals.**

9. Why has this article been written?

To persuade people to eat more fruit and vegetables.

To teach people how to cook.

To explain where fruit and vegetables come from.

10. Suggest three synonyms for 'delicious'?

**Answers may vary**

## Are you getting your 5 a day?

You have probably heard that you should be eating five portions of fruit and vegetables a day. Perhaps you have seen “One of your five a day” written on packs of fruit, vegetables or juice? But do you realise how important fruit and vegetables are for your health?

Firstly, fruit and vegetables are an excellent source of vitamins and minerals. Why is that important? Because your body needs these things to keep you healthy, that’s why! For example, Vitamin C, which is found in many fruit and vegetables (including citrus fruits, broccoli and peppers) is important for the health of your skin, bones and blood vessels. By eating a variety of fruit and vegetables, you will get plenty of vitamins and minerals. There is no need to buy expensive vitamin supplements!

Secondly, scientists have proved that eating fruit and vegetables can benefit your health in a variety of ways. As well as reducing your risk of developing some diseases (such as heart disease) in later life, a diet rich in fruit and vegetables has been shown to make it easier to concentrate. So you could improve your school work, just by making sure you eat a healthy diet!

Thirdly, because most fruit and vegetables are naturally low in fat and calories, eating them can help you to maintain a healthy weight. Take care not to cook them in a lot of fat as this adds calories. There are plenty of interesting, healthy ways to cook vegetables. You could try steaming them, which retains lots of flavour, as well as those important vitamins and minerals!

So there is really no excuse for not eating your five a day. You will be protecting your health, now and in the future. Maybe you think you don’t like them? You will find a huge range of fruits and vegetables at your local supermarket, why not try something new? Fresh, frozen, canned, dried or juiced fruit and vegetables all count towards your five a day, so experiment to see what you like best. You could even try growing some for yourself. You are sure to find something delicious!



## Are you getting your 5 a day?

1. 'Fruit and vegetables are an excellent source of vitamins and minerals.' In this sentence, what kind of word is *excellent*?

noun    adjective    verb    adverb

2. Why does the text suggest that people don't need to buy expensive vitamin supplements?
3. The word *rich* in the third paragraph is not used to mean having lots of money. What does it mean in this context?
4. Why does the article include questions for the reader?
5. Give two reasons why steaming is a good way to cook vegetables:

6. Why does the author state that there 'is really no excuse for not eating your five a day'?

7. List three ways that eating fruit and vegetables can help you:

8. Write sub-headings for the second, third and fourth paragraphs in the text.



## Are you getting your 5 a day?

1. 'Fruit and vegetables are an excellent source of vitamins and minerals.' In this sentence, what kind of word is *excellent*?

noun    **adjective**    verb    adverb

2. Why does the text suggest that people don't need to buy expensive vitamin supplements?  
**Because they can be found in a variety of fruit and vegetables.**
3. The word *rich* in the third paragraph is not used to mean having lots of money. What does it mean in this context?  
**Having plenty of fruit and vegetables.**
4. Why does the article include questions for the reader?  
**To make them think about fruit and vegetables and how many portions they have each day.**
5. Give two reasons why steaming is a good way to cook vegetables:  
**1) It retains lots of flavour.**  
**2) It retains the vitamins and minerals.**

6. Why does the author state that there 'is really no excuse for not eating your five a day'?  
**Because fruit and vegetables are so important for our bodies and there are plenty of interesting, healthy ways to eat / cook them.**
7. List three ways that eating fruit and vegetables can help you:  
**\* They are a source of vitamins and minerals,**  
**\* They can reduce the risk of developing some diseases,**  
**\* They can help us to concentrate (and improve our school work),**  
**\* They are low in fat and calories (and can help us to maintain a healthy weight).**
8. Write sub-headings for the second, third and fourth paragraphs in the text.  
**Answers might include references to...**
- 2. Vitamins and Minerals,**
  - 3. Reducing the risk of disease / improving concentration,**
  - 4. Low in fat and calories / Healthy ways to cook vegetables**