



- **'Junk food'** may **appeal** to our taste but doesn't suit our digestive system. Oils and extra fats harm our liver. They increase flesh and weight. Fresh home-cooked food is anytime better. It is more digestive than the 'junk food'. Our food should contain more **coarse** cereals, green and leafy vegetables. Fruit, pulses, milk, eggs and curd must be necessary parts of our food. Green salads have **fibrous** material. It is good for our health and digestive system.
- School children should develop good eating habits. Hot dogs, burgers and pizzas will only cause obesity among them. They should have fresh and home cooked food. It has more **nutritious** value but less **calories** and fats.

Multiple-Choice Question:

- (1) Fresh home-cooked food is more
(A) tasty (B) cheap (C) Digestive (D) interesting
- (2) Pizzas can cause
(A) malaria (B) cholera (C) diabetes (D) Obesity
- (3) Oils and fats harm our
(A) eyes (B) stomach (C) pancreas (D) Liver
- (4) School children have developed a craze for