

NAME: _____

DATE: _____

READING: Too Many French Fries?

Vocabulary Preview

- Match the words on the left with the definitions on the right.

- | | | |
|-----------------|----------|---|
| 1. kid | <u>E</u> | A. a person who buys something |
| 2. menu | _____ | B. to see something; to become aware of something |
| 3. notice (v.) | _____ | C. to make something ready to use |
| 4. customer | _____ | D. information that says something may be true |
| 5. perhaps | _____ | E. child |
| 6. report | _____ | F. a person who finds out information |
| 7. researcher | _____ | G. a list of food you can order at a restaurant |
| 8. prepare (v.) | _____ | H. maybe |

- Use the above words to complete the sentences. Use plural forms and past tense if necessary.

1. Perhaps I will go shopping tomorrow, or maybe I will stay at home.
2. Who is that _____ over there? Is he your little brother?
3. That restaurant is very popular. It always has lots of _____.
4. I don't know what to order for lunch. Where is the _____?
5. I just read a news _____ about how the climate is changing.
6. James often eats out. He never has time to _____ dinner.
7. Did you _____ the color of the bank robber's car?
8. I like to find out information. I want to be a _____ when I grow up.

- Choose any two of the above words and write your own sentences.

1. _____
2. _____

NAME: _____

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READING

Topics: Fast Food / Health

Too Many French Fries?



Do you ever look at **kids'**¹ **menus**² when you go to restaurants? If you do, then you may **notice**³ that many kids' menus in restaurants (at least in the United States) serve French fries to their young **customers**⁴. **Perhaps**⁵ it's because French fries are easy to hold. Perhaps they just taste good. A **report**⁶ called 'The First 1,000 Days: Nourishing America's Future' says that French fries are one of the three most common vegetables that babies eat from 9 to 11 months of age. By 15 to 18 months of age, French fries are the number one most common vegetable. This means that babies are not getting enough healthy food they need for their growing bodies and brains. It means that kids who eat too many French fries at a young age may have many health problems later in their lives. Why do so many mothers give unhealthy food to their babies? Some **researchers**⁷ say that working mothers may not have much time to **prepare**⁸ more healthy food for their families. More time at work means less time with family.

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Grammar Practice

Too Many French Fries?



- **Complete the paragraph by circling the correct words.**

Do you ever (1)_____ at kids' menus when you go to restaurants? If you do, then you may notice that many kids' menus in restaurants (at least in the United States) serve French fries to (2) _____ young customers. Perhaps it's because French fries (3)_____ to hold. Perhaps they just taste (4)_____. A report called 'The First 1,000 Days: Nourishing America's Future' says that French fries are one of the three most common vegetables that babies eat from 9 to 11 months of age. By 15 to 18 months of age, French fries are the number one most common vegetable. (5)_____ means that babies are (6)_____ getting enough (7)_____ food they need for their growing bodies and brains. It means that kids (8)_____ eat too many French fries at a young age may (9)_____ many health problems later in their lives. Why do so (10)_____ mothers give unhealthy food to their babies? Some researchers say that working mothers may not have (11)_____ time to prepare more healthy food for their families. More time at work means (12)_____ time with family.

1.
(A) looked
(B) look
(C) looking

2.
(A) their
(B) there
(C) they're

3.
(A) is easy
(B) are easy
(C) easy

4.
(A) well
(B) better than
(C) good

5.
(A) Then
(B) These
(C) This

6.
(A) not
(B) don't
(C) no

7.
(A) health
(B) healthy
(C) unhealthy

8.
(A) who
(B) where
(C) when

9.
(A) had
(B) has
(C) have

10.
(A) much
(B) many
(C) more

11.
(A) much
(B) most
(C) many

12.
(A) fewer
(B) few
(C) less

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READING Too Many French Fries?

How Much Do You Understand?

- *According to the article, write 'T' (True) or 'F' (False) next to each statement.*
1. _____ The article is about how to get your kids to eat better food.
 2. _____ The article says siblings usually eat more fries than other people.
 3. _____ According to the article, kids between the ages of 15 and 18 eat lots of fries.
 4. _____ Your brain needs vitamins and minerals to stay healthy.
 5. _____ Kids who eat too many fries may have health problems later in life.
 6. _____ The article suggests time pressure might lead to an unhealthy lifestyle.

Discuss

- *Discuss the following questions with your classmates.*
1. Are you surprised by this news report? Why? / Why not?
 2. Do you eat enough healthy food? How often do you eat French fries?
 3. "Kids should never eat French fries." Do you agree or disagree? Why?

Write

- *Choose one of the above discussion questions. Write a short paragraph to answer it.*

Lesson "Too Many French Fries?"

Grammar Focus Mixed (includes present simple; count & non-count nouns)

Vocabulary 180 words
A1 words-69% / **A2** words-14% / **B1** words-8%
AWL Words in this text: *researchers*
 Vocabulary Analysis by: vocabkitchen.com

Level Elementary to Pre-Intermediate (CEFR A2 – B1)

ANSWER KEY Page 1

My Notes



● Vocabulary Preview

- | | |
|------|---------------|
| 1. E | 1. Perhaps |
| 2. G | 2. kid |
| 3. B | 3. customers |
| 4. A | 4. menu |
| 5. H | 5. report |
| 6. D | 6. prepare |
| 7. F | 7. notice |
| 8. C | 8. researcher |

ANSWER KEY Page 3

ANSWER KEY Page 4

● Grammar

- | | |
|------|-------|
| 1. B | 7. B |
| 2. A | 8. A |
| 3. B | 9. C |
| 4. C | 10. B |
| 5. C | 11. A |
| 6. A | 12. C |

● How Much Do You Understand?

1. F (*It's about the number of kids who eat French fries.*)
2. F (*The article doesn't say this.*)
3. F (*The articles discusses children between 15 and 18 months.*)
4. T
5. T
6. T

Sources:

- <http://www.ncbi.nlm.nih.gov/pubmed/14702014>
- <http://thousanddays.org/resource/nourishing-americas-future>
- http://www.huffingtonpost.com/entry/childhood-nutrition-america_us_57d9ad32e4b0071a6e0501c5?section=&