

180 DAYS OF ENGLISH

WORKBOOK
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READING COMPREHENSION • VOCABULARY AND GRAMMAR
WRITING PRACTICE • LANGUAGE DEVELOPMENT

**JRP**
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180 Days of Reading - Book A

180 Days of Reading - Book B

180 Days of Reading - Book C

180 Days of Reading - Book D

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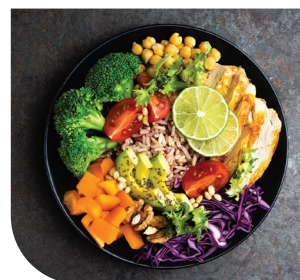
180 Days of Reading - Book F

180 Days of Reading - Book G

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Read the text. Answer the questions.

Your body needs energy to grow and heal itself. Your body also needs energy to move and think. That energy comes from the food you eat. It also comes from what you drink. How can you tell how much energy you get when you eat and drink? You can look at the calories. Most foods and drinks have labels that tell you how many calories they have. That number tells you how much energy you could get from eating or drinking something. You need the right number of calories every day. That way, your body can stay healthy. But what is the right number? Everyone is different. Most children need between 1,600 and 2,500 calories every day. Your doctor can help you decide how many calories you should get.



1. Which title summarises this text?

- a All About Calories
- b Cooking a Great Dinner!
- c The Earth's Energy
- d New Food For You to Try

2. Where does your body get energy?

- a from growing
- b from healing itself
- c from food and drinks
- d from labels

3. When the author claims that people need the right number of calories, what can you infer about the meaning of that phrase?

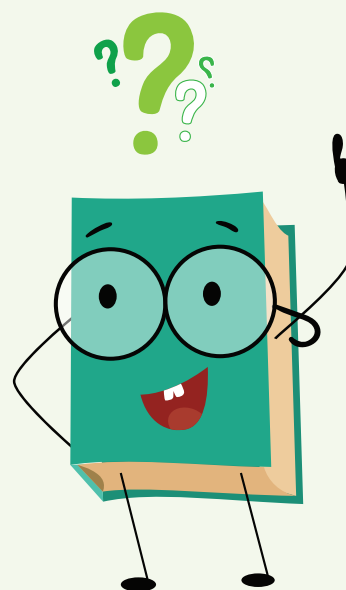
- a It means that everyone should eat the exact same number of calories.
- b It means finding the healthy amount for each individual's body.
- c It means not exceeding 2,500 calories.
- d It means only consuming certain types of calories.

4. What is a grammatical feature of this sentence: Your body needs energy to grow and heal itself.

- a It has only one noun.
- b It has a compound predicate.
- c It has five predicates.
- d It has four verbs.

5. Which is the tone of this text?

- a informative
- b humorous
- c fearful
- d sorrowful



■ Read the text. Answer the questions.



What does your body do with the calories you eat and drink? Your body uses that energy to help you move and think. Your body also uses calories to help you grow. If you do not get enough calories, you do not have much energy. You cannot think as well. You do not grow properly and it is hard for your body to heal properly. Your hair, skin and nails are not at their healthiest. Your body needs calories for growing, for healing

and for energy. So it is very important to get enough calories. What happens if you get more calories than you need? Your body stores that energy. You use that energy when you are active. If you do not use that energy, you can gain weight. Being overweight is not healthy. So it is important to be active. It is also important not to get more calories than you need.

1. Which is not a way that your body uses calories?

- a thinking
- b growing
- c healing
- d getting rid of energy



2. Which sentence reflects a fact from this text?

- a Calories are not important.
- b It is a good idea to eat as much as you can.
- c It is important to get the right number of calories.
- d You should not get any calories.

3. Which prefix could be added to properly to make its antonym?

- a pre-
- b im-
- c ab-
- d pro-

4. Which of these words is an adverb?

- a properly
- b grow
- c heal
- d you

5. Which word is a synonym for gain?

- a lose
- b increase
- c notice
- d calculate



■ Read the text. Answer the questions.

Some foods are higher in calories than other foods. Foods that are high in fat often have more calories than foods that are low in fat. For example, a small serving of chips has 14.5 grams of fat and 271 calories, but two ounces of turkey has just over 1.5 grams of fat and only 85 calories. Healthy foods such as lean meat, whole grains, fruits and vegetables are usually low in fat. They are also very good for you. That doesn't mean you can never have chips or crisps, but it is a good idea to make sure that most of the calories you eat are healthy calories. Eat plenty of fruits and vegetables and protein, and get most of your calories from these foods. Save high-fat foods, such as sweets, crisps and fast food, for treats.

1. Which of these is not a high calorie food?

- a lean meat
- b biscuits
- c chips
- d fried chicken

2. How would a reader use a title such as 'Choosing Healthy Foods' to understand more about this text?

- a The title would hint at the main idea of the text.
- b The title would be a joke from the author to the reader.
- c The title would reveal the words that are most common in the text.
- d The title would describe a picture.

3. What is the definition of usually?

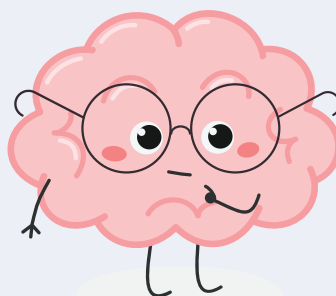
- a never
- a most of the time
- a once in a while
- a every week

4. If the author recommends that readers eat plenty of fruits, vegetables and protein, what does the word plenty tell you?

- a Eat no vegetables.
- b Eat a few pieces of fruit.
- c Eat no fruits, vegetables or protein.
- d Eat lots of fruits, vegetables and protein.

5. What does the phrase most of mean?

- a none of
- b a few of
- c the majority of
- d some of



Supersized

Have you eaten at a fast-food restaurant lately? Many restaurants serve much bigger portions of food than they used to serve. A portion is the amount of food that you get when you order. For example, in the 1950s, a portion of chips was about 70 grams. Today's portion can be as high as 200 grams or more. In the 1950s, a regular drink was 250 ml. Today, that size drink is more likely to be 750 ml.

Why does it matter if portion sizes are bigger now? Isn't that a good thing for customers? Not if you want to eat a healthy diet. Bigger portions have more food in them, and the more food you eat, the more calories your body gets. If you eat a lot of fast food, you are probably getting many more calories than you need, and those calories may not be healthy calories. Here is just one example: a meal with a large burger, chips and a drink at one major fast food restaurant has 1,200 calories. That is one-half to three-quarters of the number of calories most kids should eat in one day. That meal has a lot of fat and salt without a lot of the vitamins and minerals that your body needs. So, that meal gives you a lot of calories but not much nutrition.



You can enjoy fast food sometimes without overeating. Most restaurant menus tell you the number of calories in each item. Look for a food choice with a lower number of calories. Chances are you will find something you like. When you do order fried foods or other high-fat foods, order a small portion. You will still enjoy the taste! Don't eat too quickly – it takes your brain up to twenty minutes to realise that your stomach is full. So eat your food more slowly to give your brain time to catch up. Then, you will feel satisfied with less food. And remember that fast food is best if you have it as a treat once in a while – not every day.



■ Read 'Supersized' and then answer the questions.

1. Which fact is true about restaurants in the 1950s?

- a They served bigger portions.
- b They did not serve drinks.
- c They did not serve chips.
- d They served smaller portions.

2. Which is a likely purpose for reading this text?

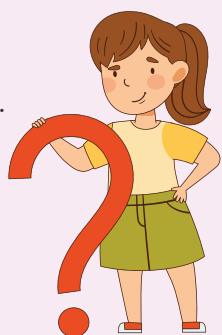
- a I want to know how to supersize my own meals at home.
- b I want to understand why restaurants are getting bigger.
- c I want to read about the history of farms that grow our food.
- d I want to learn about healthy portion sizes.

3. What is the author hoping readers will do?

- a eat a lot of fast food
- b eat fast food wisely
- c never eat fast food again
- d eat as quickly as you can

4. Why are bigger portions a problem?

- a They have too many calories.
- b They are too expensive.
- c They do not taste good.
- d They do not fit on plates.



5. Since it takes the brain up to twenty minutes to know the stomach is full, which conclusion makes sense?

- a Meals should not be longer than twenty minutes.
- b Meals should take only twenty minutes.
- c Eating slowly prevents you from getting too full.
- d Brains work slowly.

6. Which is likely the author's opinion?

- a A healthy diet is important.
- b Fast food is very good for you.
- c A healthy diet doesn't matter.
- d Kids should eat more fast food.

7. It takes Celia thirty minutes to eat lunch, but it takes Lisa fifteen minutes. What can you infer?

- a Celia will not feel satisfied.
- b Lisa and Celia are not friends.
- c Celia will feel satisfied with less food than Lisa will.
- d Lisa will be very hungry.

8. Which conclusion about people in the 1950s is the most realistic?

- a They ate more fast food than we do.
- b They ate less fast food than we do.
- c They ate the same amount of fast food as we do.
- d They ate no fast food at all.



