**READING – Nutrition**

Fill in the blanks with the correct missing sentences.

1. healthier food choices on the menu
2. such as vitamins and minerals
3. especially important for growing teenagers
4. drink water instead
5. and even save money
6. expensive and tasteless
7. you are more likely to put on weight
8. grill, stir-fry, bake, boil or microwave
9. breakfast cereal served with low fat milk
10. home-cooked food

Good nutrition is essential for everyone, but it is [-----**1**-----]. Unfortunately many Australian teenagers have an unbalanced diet. One in four adolescents buys unhealthy takeaway food every day or even a few times a day. If you eat takeaway food regularly, [-----**2**-----] than if you eat fast food only occasionally.

Don’t despair! It doesn’t take a lot of effort to change your eating habits. A few simple changes will make a huge difference. You’ll feel better, manage your weight, and improve your skin [-----**3**-----]!

Junk food is poor fuel for your body. About nine in ten teenagers eat junk food every day. This might be fizzy drinks and high-kilo joule snacks like potato chips. However, your body can’t run properly on inferior fuel. Compared to [-----**4**-----], junk food (which includes fast food) is almost always higher in fat, particularly saturated fat, salt and sugar and definitely lower in fibre and nutrients, [-----**5**-----]. Served in larger portions, it means more kilojoules.

While a mid-life heart attack might seem too far away to be real, it may surprise you to know that you could have health problems already. A poor diet can cause weight gain, high blood pressure, constipation, fatigue and concentration problems – even when you’re young.

SOLUTIONS: 1c, 2g, 3e, 4j, 5b