Unit 10 – Food for Thought

Reading

Healthy eating is important for a balanced lifestyle. People should eat a variety of foods such as fruits, vegetables and proteins. Cooking methods like grilling or steaming are healthier than frying.

Questions

1. **Why is healthy eating important?**
2. **Name two healthy foods.**
3. **Which cooking methods are healthier?**
4. **Which cooking method is less healthy?**

Answers

1. **Because it supports a balanced lifestyle.**
2. **Fruits and vegetables.**
3. **Grilling and steaming.**
4. **Frying.**

هذا العمل حصري لمنتديات صقر الجنوب التعليمية

Grammar

Modal Verbs

1. He ___ be hungry; he hasn't eaten all day.
   a) must
   b) might
   c) can't
2. She ___ have forgotten the meeting.
   a) might
   b) mustn't
   c) can

Answers

1. must
2. might

منتديات صقر الجنوب