

Gary is reading a magazine article about organic food.

Children's Monthly**Summer 20XX****ISSUE 16****Say**
'Yes'**to Organic Food****What is organic food?**

Organic food comes from organic farming. Farmers who practise organic farming do not use any chemicals to kill harmful insects and animals. It is better for both the environment and our health. Organic food is so common nowadays that you can find it easily at many food stores, supermarkets and wet markets. Next time when you go to the supermarket with your parents, check the food labels on the food you buy to see if they have the word 'organic' on them. Although some people do not choose organic food because it is pricier than other food, some still think it

is worth a try because it can bring a lot of benefits.

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When we buy our food, we worry that it may contain substances that are harmful to our bodies. Organic food does not contain toxic pesticides so it is safer to eat. It also has more nutrients. However, we still need to be careful of how much we eat, because some products with organic labels are still high in sugar, fat and calories. Make sure you choose your food wisely!

To find out more about organic food, go to
www.organiclifekids.com

A Choose the best answers by blackening the circles.

1. According to the article, where can Gary find organic food?

(1)



(2)



(3)



(4)



- A. (1) and (2) B. (2) and (3) C. (3) and (4) D. (1) and (4)

2. Why is organic food good for us?

- A. It is high in calories.
 B. It does not contain chemicals.
 C. It contains more sugar and fat.
 D. It is more expensive than other food.

3. Gary can check if a bar of chocolate is organic or not by _____.

- A. looking at its price B. asking his parents
 C. visiting a supermarket D. checking its food label

4. Gary wants to know more about organic food. What should he do?

- A. Read the first paragraph
 B. Read the second paragraph
 C. Read the next issue of *Children's Monthly*
 D. Visit the website at the bottom of the article

Q5

Read the paragraph below.



5. Which of the following best replaces the '?' ?

- A. An organic diet B. Benefits of organic food
 C. How can we stay fit? D. Does 'organic' mean 'healthy'?

B Fill in each blank with a word from the text.**Q6**

Find a word which means 'more expensive'.



Joan: Do you like organic food?

Gary: Yes, I do. Organic food is **6.** _____ than other food, but it is healthier. Also, I want to support organic farming. It can help protect our **7.** _____!