

## Overweight? Check for yourself!

Worrying about getting fat?  
Come and check if you have these bad habits!

### 1. Skipping breakfast

Breakfast is the first meal of the day. It provides you with nutrients and energy to maintain your daytime performance. Some research found that people tend to eat more afterwards if they skip breakfast!

### 2. Lack of sleep

Research found that your body will release hormones that signal hunger when you don't have enough sleep. It means you will tend to eat more high-fat food and absorb more energy.



**A** Complete the boxes with the synonyms of the underlined words. Then, find the secret word in the red squares.

e.g. Joe wants to get fit. But he never exercises.

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1: Snakes lie still and do not move when they process food in the stomach.

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2: To keep having good health, we should eat vegetables every day.

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3: Melons may take the place of apples to become the most popular fruit in our class.

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4: People are likely to eat more at a buffet dinner.

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5: She eats a lot at night because of the need for food.

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The secret word is ' \_\_\_\_\_ '.



### 3. Drinking juice instead of water

Some people replace water with juice because they think it is tastier and healthier. However, your body needs water to clear toxins. Besides, the amount of sugar in a bottle of juice is high. 500ml of orange juice probably contains 50g of sugar, which is over the amount you need a day!

### 4. Eating after-dinner snacks

Your body is ready to rest at night so it digests food slowly. A big feast will affect its functions. If you really feel hungry after dinner, try having some light snacks such as fruit and nuts.

**B** Sandy wants to keep fit. Choose the correct boxes to guide her out of the maze. Which gym will she go to?

Skip breakfast	Drink juice instead of water	Drink more water	Eat ice cream after dinner
Have a buffet dinner	Eat high-fat food	Have low-fat snacks	Have breakfast every day
Only eat one meal in a day	Drink a lot of juice	Have a big feast for dinner	Get enough sleep
Drink too little water	Sleep only five hours every night	Sleep late and get up early	Do not eat too much at night

Gym A

Gym B

Gym C

Gym D

Sandy will go to \_\_\_\_\_.