

Healthy Family Meals

A. Reading

The Smith family is trying to eat healthy meals, but it is difficult. Both Mr. and Mrs. Smith work all day, and they are tired when they get home. They also have two young sons who need a lot of attention. Their oldest son is seven years old and the younger son is nine months old. It is difficult for the Smiths to plan healthy family meals when they have such a busy schedule. Lately, the family has been eating fast food that Mr. Smith picks up on the way home from work. This is a bad habit, and the Smiths are worried that their children will develop poor eating habits. They want to start eating healthy home cooked meals.



B. True or False

1. _____ Mr. and Mrs. Smith are married, and they have three children.
2. _____ Eating fast food for dinner is a bad habit.
3. _____ Mrs. Smith is tired when she gets home from work.
4. _____ The baby in the picture is sitting in a high chair and drinking a bottle.
5. _____ It is difficult to plan healthy family meals because the Smiths are busy.

C. Writing – What should the Smiths do? How can they solve their problem?
