



### **What is a healthy diet?**

Eating a healthy diet is not about strict limitations, staying unrealistically thin, or depriving yourself of the foods you love. It is about feeling great, having more energy, and improving your health.

Healthy eating doesn't have to be very complicated. If you feel surprised by all the conflicting nutrition and diet advice out there, you're not alone. It seems that for every expert who tells you that a certain food is good for you, you will find another saying exactly the opposite. The truth is that while some specific foods or nutrients have been shown to have a beneficial effect, it is your diet as a whole that is most important. The key for a healthy diet should be to replace processed food with real food. Eating food that is as close as possible to the way nature made it can make a big difference to the way you think, look, and feel.

By using the following simple tips, you can learn how to create a tasty, varied, and nutritious diet that is as good for your mind as it is for your body.

While some extreme diets may indicate something different, we all need a balance of protein, fat, carbohydrates, fiber, vitamins, and minerals in our diets to sustain a healthy body. You don't need to eliminate any categories of food from your diet, but rather select the healthiest options from each category.

Switching to a healthy diet doesn't have to be an all or nothing proposition. You don't have to be perfect, you don't have to completely eliminate foods you enjoy, and you don't have to change everything all at once.

Instead of that, a better approach is to make a few small changes at a time. If you keep your goals modest, you will achieve more in the long term. You must plan a healthy diet as a number of small steps, like adding a salad to your diet once a day. As your small changes become habit, you can continue to add more healthy choices.

Adapted from: <https://www.helpguide.org/articles/healthy-eating/healthy-eating.htm>

**1. ANSWER THE FOLLOWING QUESTIONS. DO NOT COPY LITERALLY FROM THE TEXT (2 puntos, 1 punto cada una)**

- Are people usually surprised by the number of different diets that exist?
- According to the text, must we exclude fat from our diet?

**2. CHOOSE THE RIGHT ANSWER (1 punto):**

If you begin a healthy diet,

- you have to change everything that you eat.
- you should begin by small changes.
- you should eat salad every day.

**3. ANSWER TRUE OR FALSE AND COPY A SENTENCE FROM THE TEXT THAT SUPPORTS OR CONTRADICTS THE FOLLOWING STATEMENT (1 punto):**

A good diet must be based on very ambitious goals.

**4. MATCH THE WORDS WITH THEIR DEFINITIONS (1 punto, 0,25 puntos cada una)**

- Advice
- Beneficial
- Option
- Step

- choice, something that can be chosen.
- an opinion or recommendation given as a guide to action.
- any of a series of stages in the process of getting an objective.
- advantageous, conferring benefit.





**5. COMPLETE THE SECOND SENTENCE SO THAT IT MEANS THE SAME AS THE FIRST ONE (2 puntos, 0,5 cada una).**

- a. The key for a healthy diet should be to replace processed food with real food.  
The key for a healthy diet should be to eat real food instead .....
- b. We all need a balance.  
A balance .....by us all
- c. You don't have to completely eliminate foods you enjoy.  
You don't need .....
- d. You must plan a healthy diet as a number of small steps.  
You have .....

**6. WRITE A TEXT ABOUT ONE OF THESE TOPICS (80-100 WORDS) (3 puntos).**

1. Do you like cooking? What is your favourite dish?
2. Do you think you have healthy habits? Would you change anything in your style of life?





**CRITERIOS ESPECÍFICOS DE CORRECCIÓN:**

En los ejercicios en general se valorará la capacidad del alumno para comprender globalmente las ideas contenidas en el texto.

De manera específica en cada apartado se valorarán los siguientes aspectos:

Pregunta 1 – En este apartado se valorará especialmente la comprensión global del texto. (4 puntos)

Pregunta 2– En este apartado se valorarán los conocimientos léxicos del alumno. (1 punto)

Pregunta 3- Conocimiento y uso de la lengua (2 puntos).

Pregunta 4 – En este apartado se valorarán los siguientes aspectos (3 puntos):

- Corrección morfosintáctica.
- Riqueza léxica.
- Coherencia y cohesión del texto (empleo de conectores y organización del texto).
- Aportación de ideas.