



# Unhealthy breakfast

## A. Reading



James is a bachelor. He works in downtown Chicago, Illinois, as a shoe salesman. Every morning on his way to work, James stops at a donut shop and buys a chocolate donut. He also buys a cup of coffee and always put sugar in it!

James likes this morning routine because it is quick and easy; he doesn't have to cook breakfast or wash the dishes.

He can spare time and come earlier at work.



Last time though, James went to the doctor for a check-up. His doctor told him that he had high cholesterol. The doctor advised James to stop eating foods that are high in sugar and refined grains.

James feels bad. Donuts are filled with a lot of fat and sugar! Maybe he should reconsider his daily routine.

## B. True / False / We don't know. Please correct the sentence when it is false.



1. James is a shoe salesman in Chicago, Washington: \_\_\_\_\_

\_\_\_\_\_

2. James has already been married once: \_\_\_\_\_

\_\_\_\_\_

3. The nurse told James to stop eating fatty foods like donuts: \_\_\_\_\_

\_\_\_\_\_

4. James doesn't eat anything for lunch: \_\_\_\_\_

\_\_\_\_\_

5. Donuts are quite healthy because they are loaded with sugar and fat: \_\_\_\_\_

\_\_\_\_\_

## C. Writing - Write a conversation between James and his doctor



Doctor: James, your cholesterol is high. You need to eat healthier foods.

James: You're right, doctor, but I love to eat chocolate donuts, hamburgers, and fries. What can I do?

Doctor: \_\_\_\_\_

James: \_\_\_\_\_

Doctor: \_\_\_\_\_

James: \_\_\_\_\_

Doctor: \_\_\_\_\_

James: \_\_\_\_\_

Doctor: \_\_\_\_\_

James: \_\_\_\_\_

## D. Writing - Write down some advice you could give to James so he can live a healthy lifestyle.

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## Answer key

### B.

1. James is a shoe salesman in Chicago, Washington: **False**

**James is a shoe salesman in Chicago, Illinois.**

2. James has already been married once: **False**

**No. A bachelor has never been married, whereas a single man may have already been.**

3. James has been advised by a nurse to stop eating foods like donuts: **False**

**James has been advised to do so by a doctor, not a nurse.**

4. James doesn't eat anything for lunch: **We don't know.**

5. Donut are quite healthy because they are loaded with sugar and fat: **False**

**Donuts are unhealthy (and not healthy).**

### C.

Doctor: James, your cholesterol is high. You need to eat healthier foods.

James: You're right, doctor, but I love to eat chocolate donuts, hamburgers, and fries. What can I do?

Doctor: Well, you can still eat this food, but you really have to limit the quantity.

James: You mean, not every day?

Doctor: That's it. Otherwise, you may undergo some serious health issues.

James: Could you give me some more advices?

Doctor: You should try to eat more fruit and vegetables, of course. And also, don't drink your sugar! I mean, avoid any type of sugary drinks like sodas.

James: Okay, I will try. But I still can drink fruit juice, right?

Doctor: No, that's a bad idea. They're loaded with sugar as well, and without the fibers, the sugar goes more quickly into the bloodstream which is quite unhealthy. So, stick to the whole fruit and avoid the juices.

James: Great, thank you so much for this information!

### D.

- James should avoid sugary foods, and those to high in fat or salt. He should eat more fruit and vegetables, maybe less carbohydrates and meat (if he is already eating too much).

- He should walk more, be more active and do some sport if he can.

- He should eat a healthy breakfast in the morning, which will help him go through the day. Thus, he could eat oatmeal

- He must avoid drinking alcohol and smoking.

- He should not drink any sodas or sugary drinks.

- He should go to the doctor regularly, wash his teeth every day and get enough rest: sleep deprivation is extremely harmful.