



UNHEALTHY BREAKFAST

A. Reading



James is a bachelor living in downtown Chicago, Illinois, where he works as a shoe salesman. Every morning on his way to work, James stops by a donut shop to pick up a chocolate donut and a cup of coffee, always adding sugar to it.

James enjoys this morning ritual because it's quick and easy, saving him the hassle of cooking breakfast and washing dishes. It also allows him to get to work a little earlier.



However, during a recent check-up, James's doctor informed him that he has high cholesterol and advised him to avoid foods high in sugar and refined grains.

Now, James feels conflicted. Donuts are loaded with fat and sugar, and he's starting to think he might need to rethink 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: False.

James is a shoe salesman in Chicago, Illinois.

2. James has already been married once: False.

James is a bachelor. He has never been married.

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

It was the doctor who told James to avoid foods high in sugar and refined grains.

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

The text doesn't say what James eats for lunch.

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

Donuts are not 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: Try to eat more fruits, vegetables, whole grains and lean proteins.

James: Should I stop eating donuts completely?

Doctor: You should avoid them or only eat them occasionally.

James: Okay, I'll try to make better choices and have a healthier breakfast.

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

- Eat a balanced breakfast with fruits, oatmeal or eggs.
- Choose water or unsweetened coffee instead of sugary drinks.
- Avoid donuts and other foods high in sugar and refined grains.
- Exercise regularly and get enough sleep.
- See your doctor regularly and follow his advice.