



Grade 6

Reading comprehension

Everybody wants to be healthy. You know food is very important. There are many healthy foods. You can have more bananas, apples, oranges, tomatoes and lettuce because fruits and vegetables are good for you. But don't eat too much chocolate. It's not good for you. But don't eat too much chocolate. It's not good healthy food. Healthy food can make you grow and make you strong and happy. Remember there is a saying, "An apple a day keeps the doctor away." Sports can also keep you healthy. Get up early and do some sports every day. Don't be lazy! You will be healthy and happy.

单词积累：

Healthy foods 健康食品

Remember 记住

Lazy 懒惰

根据上下文完成下面各题

()1. Which is right? _____

A. Everybody is healthy. B. We want to be healthy. C. We are important.

()2. What are healthy foods? _____

A. Fruits and vegetables. B. Bananas, apples and chocolate.

C. Fruits and chocolate.

()3. Why are healthy foods good for you? _____

A. They make you happy. B. They make you grow strong.

C. They make you grow and make you strong and happy.

()4. "An apple a day keeps the doctor away." means (意思是) : _____

A. The doctor goes away when he sees an apple.

B. The doctor runs away when you give him an apple.

C. You eat an apple every day and you can be healthy.





()5. What keeps you healthy? _____

- A. Fruits and vegetables. B. Healthy food.
C. Healthy food and sports.

