

Unhealthy Breakfast

A. Reading

Jack is a bachelor. He works in downtown Chicago as a shoe salesman. Every morning on his way to work, Jack stops at a donut shop and buys a chocolate donut and a cup of coffee. Jack likes this morning routine because it is quick and easy. He doesn't have to cook breakfast or wash the dishes.

Last time Jack went to the doctor for a check-up his doctor told him that he had high cholesterol. The doctor told Jack to stop eating foods that are high in fat. Donuts are fried in a lot of fat.



B. True or False

- _____ Jack is a shoe salesman in Seattle, Washington.
- _____ Jack is married, but he and his wife are getting a divorce.
- _____ The nurse told Jack to stop eating fatty foods like donuts.
- _____ In the picture, Jack is sitting on a stool and drinking coffee.
- _____ Donuts are healthy because they are fried in fat.

C. Writing – Write a conversation between Jack and his doctor.

Doctor:	Jack, your cholesterol is high. You need to eat healthy foods with little fat.
Jack:	But I like to eat chocolate donuts, hamburgers, and fries.
Doctor:	
Jack:	
Doctor:	
Jack:	
Doctor:	
Jack:	
Doctor:	

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