

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# The Top Vegetable for Babies

## Vocabulary Practice



- Match the words on the left with the meanings on the right.

- |                |              |  |
|----------------|--------------|--|
| 1. sibling     | <u>  E  </u> | A. babies  |
| 2. shocking    | _____        | B. very surprising (usually in a bad way)              |
| 3. consumed    | _____        | C. not enough  |
| 4. lead to     | _____        | D. weighing far too much; very overweight              |
| 5. a lack of   | _____        | E. brother or sister                                   |
| 6. obesity     | _____        | F. eaten / ate   |
| 7. solid foods | _____        | G. food that must be chewed; not liquid (such as milk) |
| 8. infants     | _____        | H. result in   |

- Use the above words to complete the sentences. Use plural forms and past tense when necessary.

1. Did you hear the shocking news? Mr. Smith was in a car accident!
2. \_\_\_\_\_ is a serious problem. Weighing too much is very unhealthy.
3. How old was your child when she first began to eat \_\_\_\_\_?
4. My dog \_\_\_\_\_ three cans of dog food yesterday.
5. \_\_\_\_\_ need older people to feed them. They can't feed themselves.
6. My \_\_\_\_\_ are all married and working at jobs.
7. The flowers all died from \_\_\_\_\_ water.
8. Smoking cigarettes can easily \_\_\_\_\_ health problems.

- Choose any two of the above words and write your own sentences.

1. \_\_\_\_\_
2. \_\_\_\_\_

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_



# Grammar in the News

## The Top Vegetable for Babies in America

- **Complete the paragraph by circling the correct words.**

If you are a parent, or if you have a younger sibling, you may have (1)\_\_\_\_\_ that many kids' meal menus in restaurants (at least in the United States) (2)\_\_\_\_\_ French fries to (3)\_\_\_\_\_ young customers. Perhaps it's because French fries are easy to hold. Perhaps they just taste good. However, a shocking (4)\_\_\_\_\_ report called 'The First 1,000 Days: Nourishing America's Future' says that French fries are one of the three most common vegetables consumed (5)\_\_\_\_\_ infants 9 to 11 months of age. By 15 to 18 months, French fries are the most (6)\_\_\_\_\_ vegetable. This can lead to a lack of vitamins and minerals that (7)\_\_\_\_\_ so important for healthy physical and mental development, not to mention other problems such as childhood obesity. Kids who eat (8)\_\_\_\_\_ many French fries at a young age may (9)\_\_\_\_\_ a lifetime of health problems. The report also says that 40 percent of infants are introduced to solid foods and sugary drinks too early in life and that one in four (10)\_\_\_\_\_ get enough iron in their diets. Some researchers suggest that the pressures of being (11)\_\_\_\_\_ working mother may be responsible for this situation. More time at work means (12)\_\_\_\_\_ time with family.

1.

- (A) noticed  
(B) notice  
(C) noticing

2.

- (A) offering  
(B) offers  
(C) offer

3.

- (A) they're  
(B) their  
(C) there

4.

- (A) new  
(B) newly  
(C) newest

5.

- (A) to  
(B) for  
(C) by

6.

- (A) commonest  
(B) common  
(C) commonly

7.

- (A) are  
(B) is  
(C) does

8.

- (A) to  
(B) too  
(C) two

9.

- (A) experiencing  
(B) experiences  
(C) experience

10.

- (A) aren't  
(B) doesn't  
(C) don't

11.

- (A) an  
(B) a  
(C) the

12.

- (A) less  
(B) fewer  
(C) few

NAME: \_\_\_\_\_

DATE: \_\_\_\_\_

# The Top Vegetable for Babies

## How Much Do You Understand?



● **Write 'T' (True) or 'F' (False) next to each statement.**

1. \_\_\_\_\_ The article is about how to get your kids to eat better food.
2. \_\_\_\_\_ The article says siblings usually eat more fries than other people.
3. \_\_\_\_\_ According to the article, kids between the ages of 15 and 18 eat lots of fries.
4. \_\_\_\_\_ Your brain needs vitamins and minerals to stay healthy.
5. \_\_\_\_\_ Kids who eat too many fries may have health problems later in life.
6. \_\_\_\_\_ The article suggests time pressure might lead to an unhealthy lifestyle.

## Discuss

● **Discuss the following questions with your classmates.**

1. Are you surprised by this news report? Why? / Why not?
2. Do you have a healthy diet? How often do you eat French fries?
3. "Burger and fries should be banned." Do you agree or disagree? Why?

## Write

● **Choose one of the above discussion questions. Write a short paragraph to answer it.**

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**Headline** 'The Top Vegetable for Babies in America'

**Grammar Focus** Mixed (includes modals of speculation)

**Level** Upper Intermediate to Advanced – CEFR B2 to C1

**ANSWER KEY** Page 1

*My Notes*



● **Vocabulary**

- |      |                |
|------|----------------|
| 1. E | 1. shocking    |
| 2. B | 2. Obesity     |
| 3. F | 3. solid foods |
| 4. H | 4. consumed    |
| 5. C | 5. Infants     |
| 6. D | 6. siblings    |
| 7. G | 7. a lack of   |
| 8. A | 8. lead to     |

**ANSWER KEY** Page 2

**ANSWER KEY** Page 3

● **Article**

- |      |       |
|------|-------|
| 1. A | 7. A  |
| 2. C | 8. B  |
| 3. B | 9. C  |
| 4. A | 10. C |
| 5. C | 11. B |
| 6. B | 12. A |

● **How Much Do You Understand?**

1. F (*It's about the number of kids who eat French fries.*)
2. F (*The article doesn't say this.*)
3. F (*The articles discusses children between 15 and 18 months.*)
4. T
5. T
6. T

**News Sources:**

- <http://www.ncbi.nlm.nih.gov/pubmed/14702014>
- <http://thousanddays.org/resource/nourishing-americas-future>
- [http://www.huffingtonpost.com/entry/childhood-nutrition-america\\_us\\_57d9ad32e4b0071a6e0501c5?section=&](http://www.huffingtonpost.com/entry/childhood-nutrition-america_us_57d9ad32e4b0071a6e0501c5?section=&)