

## G3 Reading & Speaking Practice Lesson #31

### Story

It is important to eat **a variety of** foods to **stay healthy**. However, some people get sick from eating **certain** foods. Now, many restaurants are offering **special menus** for such people. People can **order** dishes that will not make them sick, and by doing so they can enjoy eating at restaurants **safely**.

### Vocabulary

**a variety of**

**healthy**

**special**

**order**

**stay**

**certain**

**menu**

**safely**

### Questions

1) What is it important to do to stay healthy?

*It is important to eat a variety of food.*

2) How do some people get sick?

*Some people get sick from eating certain foods.*

3) What are many restaurants offering?

*They are offering special menus.*

4) What do the special menus allow people to do?

*They allow people to eat at restaurants safely.*

5) How can people enjoy eating at restaurants safely?

*By ordering dishes that will not make them sick.*

6) Have you seen these kinds of menus in restaurants?

*Yes, I have./No, I haven't.*

7) Are you allergic to any foods?

*I am allergic to shellfish.*

8) How can a person with allergies avoid foods that will make them sick?

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*They need to ask and pay attention to the ingredients in foods.*

9) What can we do to help people with allergies stay healthy?

*We can list the ingredients for any foods we sell.*

10) What do you do to make sure you eat a variety of food?

*I try to have different kinds of meals during the week.*



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