

Think Moderation

Questions

1. What is the main idea of the passage?

2. Define the word **moderate**.

3. If a person has only a supersize soft drink for lunch every day, what is likely to happen to that person’s health?

4. Identify 3 important points associated with the principle of moderation. Explain why each is important.

5. What is the principle of a healthy diet? Refer to the quote below for your answer. “The **principle of moderation** does not replace the principle of a healthy diet. Individuals should always eat a variety of nutritious foods every day.”
