



## A Balanced Diet

**DIRECTIONS:** Read the passage below. Underline the error in each numbered sentence. Then answer the questions about how to correct the errors.

(1) Follow these tree tips to ensure you are eating a healthy, balanced diet. (2) first, your diet should be colorful – naturally colorful, not full of artificial dyes. (3) Eating plenty of fresh fruits and vegetables will ensures you get plenty of color in your diet. (4) And if you are getting color, then you are getting vitamins, minerals, and fytonutrients. (5) Second, shop around the perimeter of the supermarket; thats where the real food is: the meats, dairy, fruits and vegetables. (6) Third, don't eat anything out of a box that contains more than five ingredient. (7) Eating good couldn't be simpler!

1. (a) there                      (b) three                      (c) free
2. (a)first your                (b) first diet                (c) First, your
3. (a) ensure                (b) ensured                (c) ensuring
4. (a) fightonutrients (b) nutrients                (c) phytonutrients
5. (a) that                      (b) that's                      (c) there's
6. (a) ingredients            (b) greedy                      (c) ingradient
7. (a) Eating Good    (b) eating good            (c) Eating well