

Instructions : Listen to the audio and choose the correct answer.

Nutrition Facts



Listen to the audio before doing the worksheet.

Lina: What is your opinion on a balanced meal, Dr. Ita?

Dr. Ita: A balanced meal should contain a proper amount of all the nutrients to maintain good health.

Lina: In that case, are _____ and _____ bad for our health?

Dr. Ita: No, Lina. Your body needs fat for muscle and cell growth. It could be found in many types of nuts, avocado and yogurt. Meanwhile, carbohydrate is the main source of energy for your body. So, you must also eat _____ and _____ too, Lina.

Lina: Rice? My favourite! So, what about _____?

Dr. Ita: _____, chicken, beef and some beans are filled with protein to help keep your muscles strong.

Lina: Is it the same with cheese, milk and soy?

Dr. Ita: No, Lina. Cheese, _____ and soy are full of _____ and you do need them to build strong bones.

Lina: I see. Is there anything else that we should eat to be healthy?

Dr. Ita: Of course! Do not forget to eat _____ because it contains _____. _____ provide a lot of _____ for your body. An apple a day keeps the doctor away!