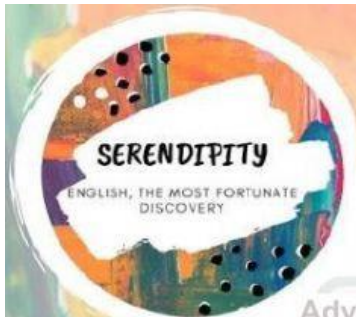




Advanced 7



Breaking Bad Habits



Olga talks about stopping behavior that is bad for your health.

1) To break bad habits you need to _____.

- a) have lots of will power
- b) start doing good habits
- c) keep a journal

2) How much time do you need to break a bad habit?

- a) 3 weeks
- b) 3 months
- c) 3 years

3) What should we eat to break bad habits?

- a) Pasteurized food
- b) Fermented food
- c) Organic food

4) What food does she discuss?

- a) cherries
- b) celery
- c) cabbage

5) Where does she say you can shop for it?

- a) Health food store
- b) Farmers market
- c) Online

