

Listen to the talk on having good eating habits below. Then tick (✓) for the statements that are true.

- 1 We take three meals a day. ()
- 2 It is bad to delay taking our meals. ()
- 3 When we are hungry, we fall sick easily. ()
- 4 The key to living well is to have a balanced diet. ()
- 5 Skipping meals may result in death. ()

Listen to the talk above again. Then fill in the blanks with the correct answers.

skip habit regular practice discomfort

- 1 Eating regularly is a good _____.
- 2 We must take our meals at our _____ times.
- 3 Delay taking a meal may lead to gastric _____.
- 4 It is bad to _____ a meal.
- 5 A good eating _____ will lead us to live well.

Fill in the blanks with the correct answers.

typical nutrients nutritional Snacks couch potato

- 1 The _____ in food and drinks give us energy.
- 2 Junk food don't have much _____ value.
- 3 A _____ Malaysian breakfast is bread, *nasi lemak* or fried beehoon.
- 4 A _____ refers to a person who is lazy and sits most of the time.
- 5 _____ are not healthy food.