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You will hear a student representative welcoming new students to the university and explaining a little about traditional English meals. First read the notes below.

Then listen and complete them. Write NO MORE THAN TWO WORDS OR A NUMBER for each answer.

very popular dish :	Fish and chips:	fried in (1)
- not (2)	Popular esp. (3)	
Another traditional meal:	Sunday lunch	
(4)	meat with (5)	
Traditionally eaten (6)		

Questions 1-4

You will hear a talk on nutrition. Complete the notes. Write NO MORE THAN TWO WORDS for each answer.

Topic: Healthy eating

- definition
- reasons why people don't (1)
- ideas for (2)

Healthy eating is:

- balanced diet
- eating the (3)

Note: balanced diet incl. meat, veg, fruit, cereals & (4)