



(1.1) Listen again and answer these questions.

- a What is the benefit of beans with coloured shells? .....
- b What contains eight amino acids? .....
- c Why can the nutritional value of fish vary? .....
- d Which diseases can eating fish reduce and prevent? .....
- e What did Ancient Greek athletes believe? .....
- f Why do you think most vegetables have more nutritional value when eaten raw?  
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