

- 9  **1.33** Look at the menu. Then listen and complete Ian's notes below. How many calories are in his menu for a day? Is that good or bad?

Your menu for a day - choose from these options

0 calories	water
50 calories	an apple; two small carrots; some grapes
100 calories	toast and butter; a small glass of cola or orange juice; a large banana; one fruit yoghurt
200 calories	a large glass of milk; a small packet of crisps; a celery, apple and yoghurt salad; bacon and eggs; a small cheese sandwich; breakfast cereal with milk; three biscuits
400 calories	a muffin, a cheeseburger; a bacon sandwich; chicken with potatoes

Breakfast: orange juice; 1 _____; 2 _____; muffin

Lunch: 3 _____; celery, apple and yoghurt salad;
4 _____; cola

Dinner: bacon sandwich; 5 _____; 6 _____; water

Calories: _____