

Nutrition Listening



A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and select the correct answer.

1

- a. eat fewer vegetables.
- b. eat less cheese.
- c. eat a lot of fat.

3

- a. eat less meat.
- b. eat less fruit.
- c. eat more meat.

5

- a. eat more eggs and cheese.
- b. don't eat cheese.
- c. eat more vegetables.

2

- a. don't eat fish.
- b. eat more vegetables.
- c. eat more fruit.

4

- a. eat less bread.
- b. eat more meat.
- c. eat less fruit.

6

- a. eat less meat.
- b. don't eat chocolate.
- c. eat more vegetables.