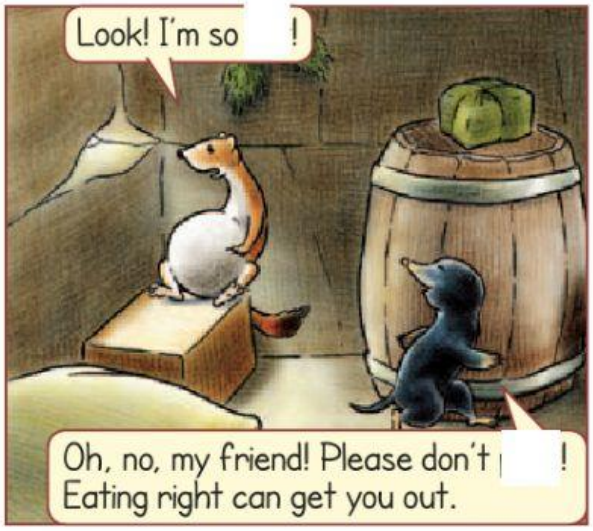
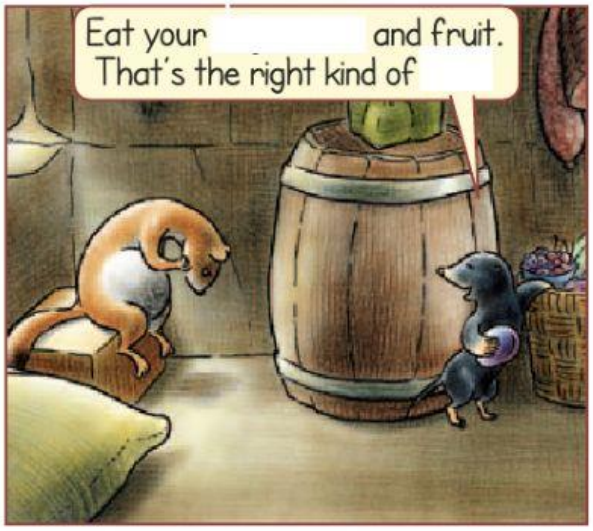
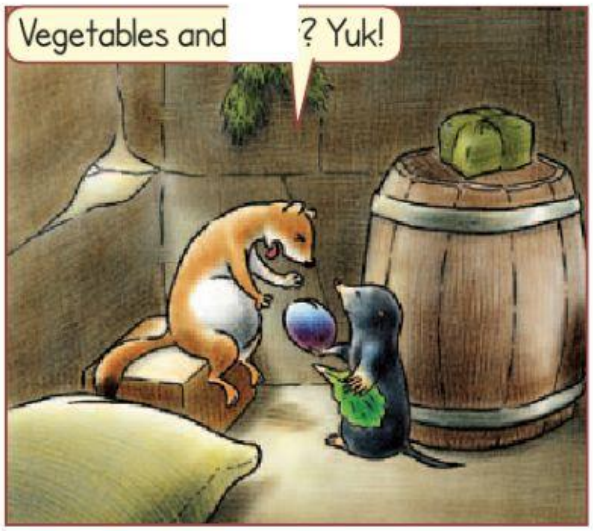
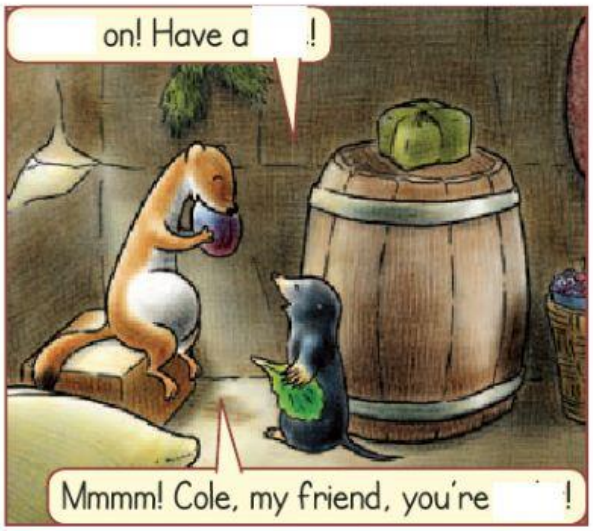
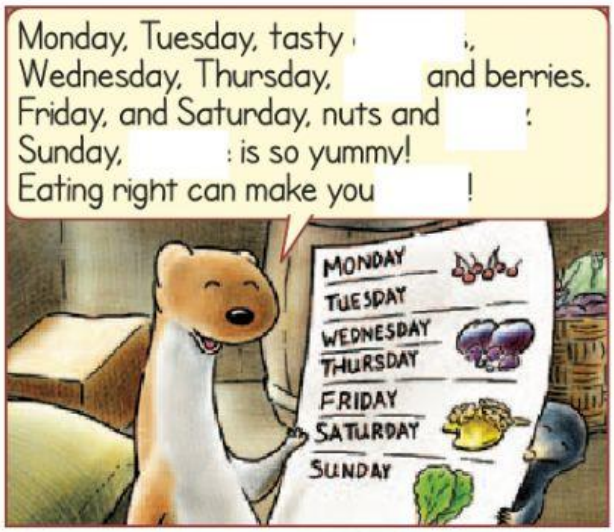
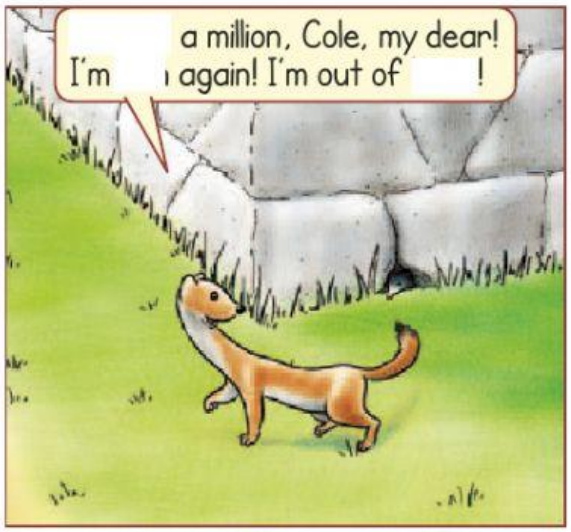
Lesson 3: The right kind of food

Listen and read.