

## Healthy Food

Read the interview with Jerry Allan, an expert on healthy diet. Use the replies (A—G) to complete the dialogue.

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| <b>A</b> What kind of bread is healthy?                 | <b>D</b> Why is eating healthy foods important?    |
| <b>B</b> Are sweets good for our health?                | <b>E</b> How many servings of fruit should we eat? |
| <b>C</b> How many servings of vegetables should we eat? | <b>F</b> What kinds of meat are the best?          |
|   | <b>G</b> Is it important to take vitamins?         |

- Good morning, Mr Allan! So you are an expert on healthy diet. \_\_\_\_\_<sup>(1)</sup>
- People who eat healthy foods feel and look better. They have fewer medical problems and miss fewer days from work or school. People who eat healthy foods also feel more energetic and live longer than people who don't.
- It's interesting! And \_\_\_\_\_<sup>(2)</sup>
- You can get all the vitamins you need from the foods you eat, but taking a multivitamin once a day is a good idea.
- Oh, I see. \_\_\_\_\_<sup>(3)</sup>
- I recommend wholewheat bread. I think this kind of bread is good to eat.
- And what about fruit and vegetables? \_\_\_\_\_<sup>(4)</sup>
- We should eat 3—4 servings of vegetables a day. It is important to eat green and orange vegetables like spinach and carrots every day.
- This advice is not easy to follow! What about fruit? \_\_\_\_\_<sup>(5)</sup>
- We should eat 3—4 servings of fruit a day. Fresh fruits like apples and oranges are the best.
- That's nice. And is eating meat important for our diet? \_\_\_\_\_<sup>(6)</sup>
- Yes, sure! Low-fat meats like turkey and chicken are good to eat.
- And now a silly question. \_\_\_\_\_<sup>(7)</sup>
- No, sweets are bad for our health.
- Of course!
- Avoid eating too many sweets. Buy a juicer and make fresh juice instead.
- Thank you, Mr Allan!