

**Watch the video and mark the sentences True True False
or False.**

1. In poor countries, too many people eat food, which is far from being nutritious.
2. Because of our busy life, we often buy pre-cooked food.
3. There are a few fast food restaurants in the world.
4. A lot of children have got addicted to junk food, refusing to eat healthy food.
5. We eat too much processed food and not enough wholefood.
6. We can find antioxidants in fruit and vegetables.
7. It is important to eat plenty of eggs and dairy products to be healthy.
8. Cholesterol can increase risks of heart disease.
9. The podcast aims to make us be careful with food we consume.