

LISTENING

Listen and choose.



1. The guest on the programme is _____.
 - ☐ a sportsperson
 - ☐ an expert on food
 - ☐ an actor

2. The guest talks about _____ different food groups.
 - ☐ four
 - ☐ six
 - ☐ five

3. She finishes by talking about _____ food.
 - ☐ healthy
 - ☐ vegetarian
 - ☐ unhealthy

2. Listen again and complete with ONE word.

1. A balanced diet is the right amount of _____ from each group.
2. Bread, pasta, _____ and potatoes are all carbohydrates.
3. We need something from the _____ and vegetables group at every meal.
4. We can get protein from meat and _____.
5. We get calcium from dairy food like _____ and yoghurt.
6. We only need fats and sugars once or twice a _____.

