

C Listen to the audio again and complete the sentences below with words related to health.

1. It is not a good habit to take _____ rather than proper meals.
2. Fresh fruits is a good source of _____ that we need for healthy living.
3. For good _____, we should chew our food intake properly before swallowing it.
4. The most important and vital source of nutrient is _____ and the amount of water intake daily is 6 – 8 glasses.
5. _____ are units of energy contained in real healthy food.
6. Besides vegetables, fruits and water, another source of good _____ is fish especially oily fish.