

**Listen to the recording and decide if the following statements are true (T) or false (F).**

|                                                                                           | True | False |
|-------------------------------------------------------------------------------------------|------|-------|
| 1. The Healthy Eating Pyramid is a complex guide to choosing your diet.                   |      |       |
| 2. Daily exercise and weight control are key to staying healthy according to the Pyramid. |      |       |
| 3. You are advised to eat more things on the top of the Pyramid.                          |      |       |
| 4. It's suggested that half of your plate consists of vegetables and fruit.               |      |       |
| 5. Fish, poultry, beans, or nuts make up the other half of the dinner plate.              |      |       |