

Listening

TB 36/4

1. Pre-listening exercise.

1. meal	a) za den
2. a day	b) tuk
3. junk food	c) bílkovina
4. salt	d) obsahovat
5. fat	e) jídlo, chod
6. contain	f) sůl
7. protein	g) tučné, nezdravé jídlo

2. Listen to a nutrition expert's advice. Are the statements true or false? Correct the false ones.

Teenagers should eat three meals a day.	true	false	
You shouldn't eat breakfast.	true	false	
Junk food contains a lot of salt.	true	false	
You shouldn't eat any fat.	true	false	
Rice is a complex carbohydrate.	true	false	
Vegetables contain vitamins and minerals.	true	false	
You get protein from fruit.	true	false	
Most of your diet should be protein.	true	false	