

# 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	