UNIT 1: A LONG AND HEALTHY LIFE

Task 1

A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and circle the correct answer.

1. **a.** eat fewer vegetables
   b. eat less cheese
   c. eat a lot of fat
2. **a.** don't eat fish
   b. eat more vegetables
   c. eat more fruit
3. **a.** eat less meat
   b. eat less fruit
   c. eat more meat
4. **a.** eat less bread
   b. eat more meat
   c. eat less fruit
5. **a.** eat more eggs and cheese
   b. don't eat cheese
   c. eat more vegetables
6. **a.** eat less meat
   b. don't eat chocolate
   c. eat more vegetables

Task 2

Listen again. What is each person's health problem? Write the correct letter.

1. Mr. Grant ….
2. Linda ….
3. Chris ….
4. Ms. Barton ….
5. Mr. O'Brien ….
6. Mrs. Johnson ….

a. is losing too much weight.
b. has a skin problem.
c. needs to lose weight.
d. has high cholesterol.
e. has been feeling tired and weak.
f. has high blood pressure.

LIVEWORKSHEETS