

PART 1 Listening (10 questions)

Listen and complete the table. Write ONE WORD or A NUMBER in each blank. (5 questions)

PERCENTAGE OF A MEAL

Vegetables & fruits (1) _____ %

Protein foods (2) _____ %

Whole grain foods (3) _____ %

BENEFITS

Provide (4) _____, minerals and fibre

Build your (5) _____, muscles and skins

Listen and decide whether each of the following statements is TRUE or FALSE. (5 questions)

Answers	True	False
6. With a healthy diet, your risk of heart attacks is lower.	☐	☐
7. Eggs belong to the protein food group.	☐	☐
8. The speaker suggests eating as much meat as possible.	☐	☐
9. Rice is an example of a whole grain food.	☐	☐
10. You should only eat a few kinds of foods.	☐	☐

---THE END---