

Task 1. Listen to a nutritionist giving advice about the best food for people who do sport.
Tick the things he mentions.

- | | |
|-----------------|--------------------------|
| 1 calcium | ☐ |
| 2 calories | ☐ |
| 3 carbohydrates | ☐ |
| 4 cholesterol | ☐ |
| 5 fat | ☐ |
| 6 fibre | ☐ |
| 7 minerals | ☐ |
| 8 nutrients | ☐ |
| 9 preservatives | ☐ |
| 10 protein | ☐ |
| 11 vitamins | ☐ |

Task 2. Listen again and complete the advice with the words you ticked in Task 1.

- * You don't have to eat broccoli, which is full of ¹ _____, with oil and salt, but it might help to make it tastier!
- * Sweet potatoes and tomatoes contain a lot of ² _____.
- * You should try and avoid red meat because although it has ³ _____, it also has a lot of ⁴ _____.
- * You must eat fruit – bananas are a good option because they have a lot of ⁵ _____.
- * You mustn't eat too many nuts because although they provide you with ⁶ _____, they also contain a lot of ⁷ _____.
- * If you have to exercise in the evening, milk will help you relax and provide your bones with ⁸ _____.