

1. What is the main topic of the program?

- A. Fitness programs for teenagers
- B. Healthy eating for teenagers
- C. Skin care products
- D. Sports activities

2. Why do many teenagers use expensive skin care products?

- A. To improve their fitness
- B. To make themselves taller
- C. To treat skin problems
- D. To gain weight

3. Which of the following foods is NOT good for skin according to the speaker?

- A. Brown rice
- B. Yogurt
- C. Sugary desserts
- D. Green vegetables

4. What benefit do green vegetables provide?

- A. Improve eyesight
- B. Improve brain health and memory
- C. Make skin darker
- D. Help gain weight

5. What does the speaker say about food and exercise?

- A. Food can replace exercise
- B. Exercise is more important than food
- C. Food and exercise are both important
- D. Teenagers do not need exercise