Wednesday

16.6.2021

Name : _____

Class : Amanah

Listen to youtube 'How to Eat Better' then choose the correct answers.

A. Listen to a short talk by a nutritionist and answer the questions.

1. Which type of food below is the healthiest choice?
   a. Canned food
   b. Fresh food
   c. Frozen food

2. How many portions of fruits and vegetables should you eat a day, at a minimum?
   a. Five portions of fruits and five portions of vegetables separately.
   b. Five portions of fruits and vegetables together.

3. Why should you avoid eating zero calorie and low-fat food?
   a. Zero calories and low-fat food contains a lot of salt and sugar.
   b. Low-fat or zero calorie food is high in vitamins and minerals.
   c. Zero calorie and low-fat food is convenient and easy to find.

4. In the talk, it is suggested that fish should be eaten _____ a week.
   a. twice
   b. four times
   c. less than twice

5. In the talk, the nutritionist suggests that we choose brown rice instead of white rice. Explain why.

   _____

   _____

LIVEWORKSHEETS