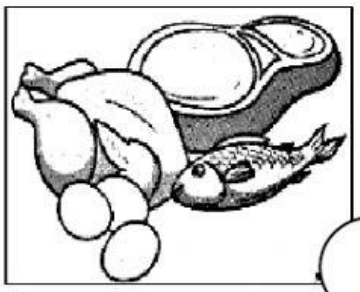
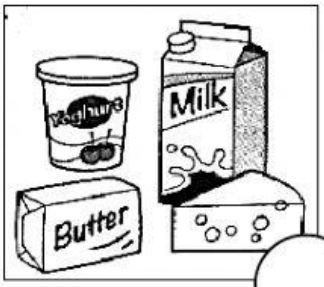
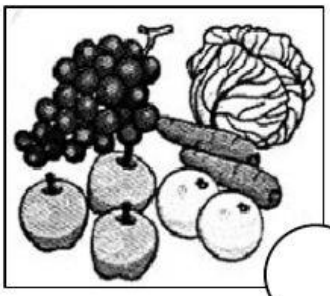
Instruction: Listen to audio 1 and 2 to complete the tasks below.

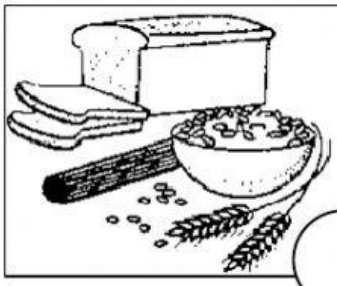
Audio 1:

Task 1: Match the words to the correct pictures.

1. 

2. 

3. 

4. 

5. 

a carbohydrates
b vitamins
c proteins
d calcium
e fat

Audio 2:

Task 2: Write **TRUE** or FALSE for the statement below.

1. We take three meals a day
2. It is bad to delay our meals.
3. When we are hungry, we fall sick easily.
4. The key to living well is to have a balanced diet.
5. Skipping meals may result in death.

Task 3: Fill in the blanks with the correct answers.

skip	discomfort	habit	practice	regular

1. Eating regularly is a good _____.
2. We must take our meals at our _____ time.
3. Delay taking a meal may lead to gastric _____.
4. It is bad to _____ a meal.
5. A good eating _____ will lead us to live well.

LIVEWORKSHEETS

LIVEWORKSHEETS