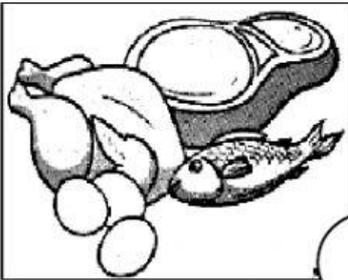
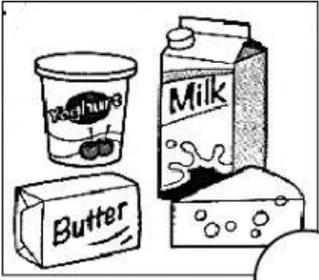
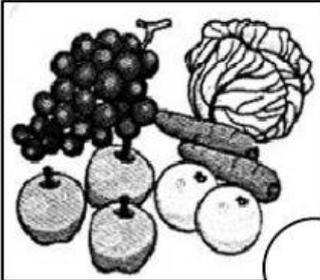
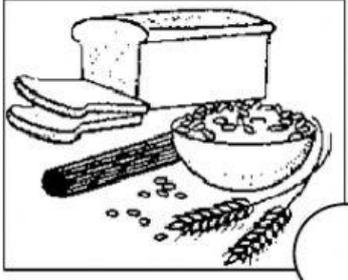


Instruction: Listen to audio 1 and 2 to complete the tasks below.

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.

