

NAME: \_\_\_\_\_

**A. Match the word to its meaning. Then, rewrite it in your vocabulary book.**

allow	•	•	To persuade someone not to do something, especially by making it seem difficult or bad ( <i>melemahkan semangat</i> )
discourage	•	•	Give permission ( <i>membenarkan</i> )
nutritional	•	•	a chemical used to stop food from decaying ( <i>bahan awet</i> )
recommend	•	•	relating to nutrition ( <i>nilai permakanan</i> )
preservatives	•	•	to advise someone to do something ( <i>mengesyorkan</i> )

**B. Listen to the audio, fill in the blanks.**



: Do your parents allow you to eat \_\_\_\_\_?



: My parents do not \_\_\_\_\_ me to eat fast food because it contains a lot of fat and is high in calories.



: My mother \_\_\_\_\_ me to eat fast food because it has low nutritional value.



: My father does not recommend fast food because it contains a high amount of \_\_\_\_\_, sodium and preservatives.

**C. Based on the conversation you listen in B, list the reasons why parents do not allow us to eat fast food.**

- i. \_\_\_\_\_
- ii. \_\_\_\_\_
- iii. \_\_\_\_\_

**D. Answer the following questions.**

1. Name some junk food we should avoid.  
\_\_\_\_\_
2. Suggest some food that can make us healthy.  
\_\_\_\_\_
3. What are the other ways to keep ourselves healthy.  
\_\_\_\_\_