5 (1.1) Listen again and answer these questions.

a What is the benefit of beans with coloured shells? .....

b What contains eight amino acids? .....

c Why can the nutritional value of fish vary? .....

d Which diseases can eating fish reduce and prevent? .....

e What did Ancient Greek athletes believe? .....

f Why do you think most vegetables have more nutritional value when eaten raw?

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LIVEWORKSHEETS