

U2: LISTENING

Listen to the recording and decide if the following statements are True (T) or False (F)

If they are True, **CITE/ QUOTE** some **KEY WORDS** from the recording.

If they are False, correct them

Statements	True (T) or False (F)	RIGHT Key words / Key words to CORRECT
1. The Healthy Eating Pyramid is a complex guide to choosing your diet.		
2. Daily exercises and weight control are key to staying healthy according to the Pyramid		
3. You are advised to eat more things on the top of the Pyramid.		
4. It's suggested that half of your plate consists of vegetables and fruit.		
5. Fish, poultry, beans, or nuts make up the other half of the dinner plate.		