

SECTION 2

Questions 1-10

Complete the notes. Use **NO MORE THAN THREE WORDS** for each answer.

Healthy eating

Very important to eat a **1** diet

People in Europe and USA eat **2** more sugar now than in 1800

Try to eat plenty of fresh fruit and veg- **3** servings a day, if poss.

Avoid foods containing a lot of sugar, especially **4** drinks

Cut down on fat – eat lean meat, poultry, fish and low-fat **5**

Eat no more than **6** eggs a week

In cooking, use lemon juice instead of **7**

Try to eat regularly **8** day

Most nutritious fruit is an **9**

contains: * 165 calories per 100g

* **10** protein as milk

* more vitamins A, B and C than milk