**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

LIVEWORKSHEETS