

INSTITUTO BILINGÜE INTERNACIONAL
8TH GRADE GROUP B
LISTENING/SPEAKING

ACTIVITY: Summarizing

INSTRUCTIONS: Summarize the radio show "Eating Right!". Include reasons and examples

Example:

You should eat a carrot for a snack because it has fiber and vitamins. Also, carrots don't have fat.

When you finish the summary. Write a list of DOS and DON'T'S about healthy eating.

RADIO SHOW "EATING HEALTHY!"

Audio Script

Bob: Hi everyone, I'm Bob.

Pam: And I'm Pam, and this show is all about "Eating Right!"

Bob: You know, Pam, with people so busy today, they don't have a lot of time to shop or plan what to eat.

Pam: That's true, but healthy eating might just give you a longer and happier life! So, here are some things we all should think about regarding our diet.

Bob: First, eat lots of fruits and vegetables. Why? Well, they're a good source of vitamins and minerals...

Pam: Right, and they're a good source of fiber, too. Also, they're almost all low in calories and fat, and eating them may help protect you against cancer. So, put an apple or a banana in your lunchbox, or have a carrot for a snack – skip those potato chips.

Bob: That's right. Fruits make a great dessert – you don't need all those sugary sweets and drinks, cookies, cakes, candies, sodas.

Pam: You bet you don't. So, a second point to remember: too much sugar in your diet can lead to health problems like weight gain, tooth decay – that's trips to your dentist...

Bob: Owww! Or even diabetes, and that's serious!

Pam: Now the third thing we want you to think about is reducing the fat you eat.

Bob: Uh-huh. Cutting down on the fat in our diets would be good for many of us.

Pam: So true. It can help us lose weight.

Bob: Or *not* gain weight in the first place.

Pam: And it can lower our chance of getting heart disease, and cancer, too.

Bob: So, cut back on all those hamburgers, cheeseburgers, French fries...

Pam: And chips – they're full of fat...

Bob: And salt. Oh, I don't want to forget our fourth suggestion: eat more whole grains. You'll get plenty of fiber, vitamins, and minerals from them.

Pam: You mean, like, brown rice and whole wheat?

Bob: That's it. They're much healthier than white bread, white rice, and things like that.

Pam: Finally, you don't want to drink too much coffee. Coffee can make you nervous, and keep you awake at night. Or even affect your heart – but we'll talk about coffee on another show.

SUMMARY:

HEALTHY EATING	
DOS	DON'TS
Do drink plenty of water	Don't skip meals