SECTION 4 *Questions 33-41*

Questions 33-35

Circle the correct answer

According to the first speaker:

33 The focus of the lecture series is on

A organising work and study.
B maintaining a healthy lifestyle.
C coping with homesickness.
D settling in at university.

34 The lecture will be given by

A the president of the Union.
B the campus doctor.
C a sports celebrity.
D a health expert.

According to the second speaker:

35 This week's lecture is on

A campus food.
B dieting.
C sensible eating.
D saving money.

Questions 36-39

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

A balanced diet

A balanced diet will give you enough vitamins for normal daily living.

Vitamins in food can be lost through **(36)** ..... .

Types of vitamins:

(a) Fat soluble vitamins are stored by the body.

(b) Water soluble vitamins - not stored, so you need a **(37)** ..... .

Getting enough vitamins

Eat **(38)** ..... of foods.

Buy plenty of vegetables and store them in **(39)** ..... .

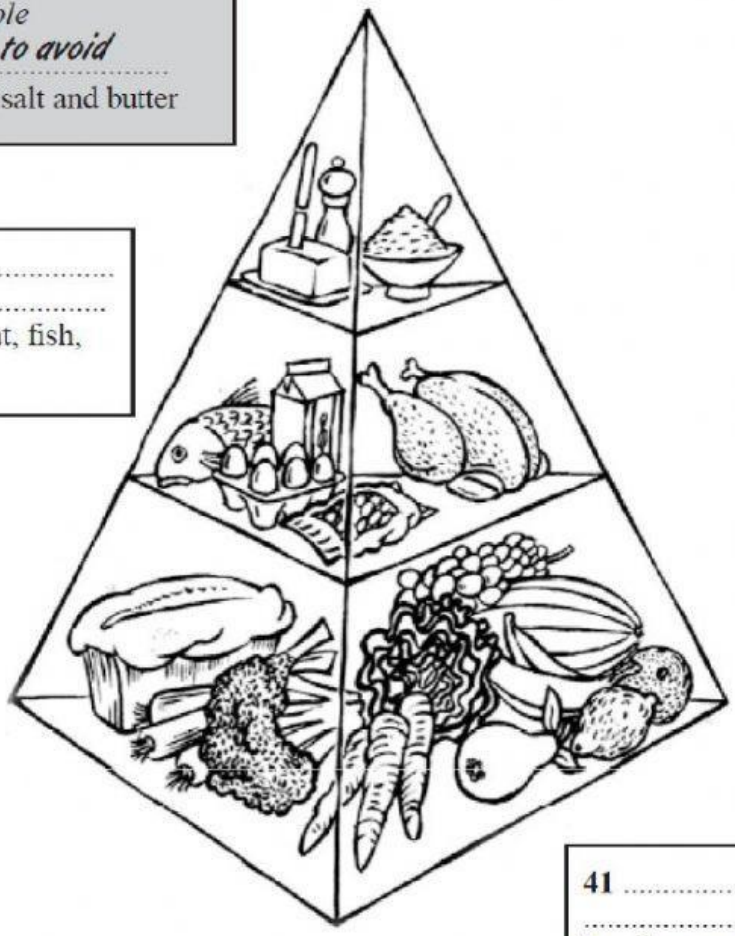
LIVEWORKSHEETS

Questions 40-41

Complete the diagram by writing ***NO MORE THAN THREE WORDS*** *in the boxes provided.*

Example
Try to avoid
.....
sugar, salt and butter

40 .....
.....
milk, lean meat, fish, nuts, eggs



41 .....
.....
bread, vegetables and fruit

LIVEWORKSHEETS

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