

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.

34 The lecture will be given by

- A the president of the Union.
- B the campus doctor.

- C coping with homesickness.
- D settling in at university.

- 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)

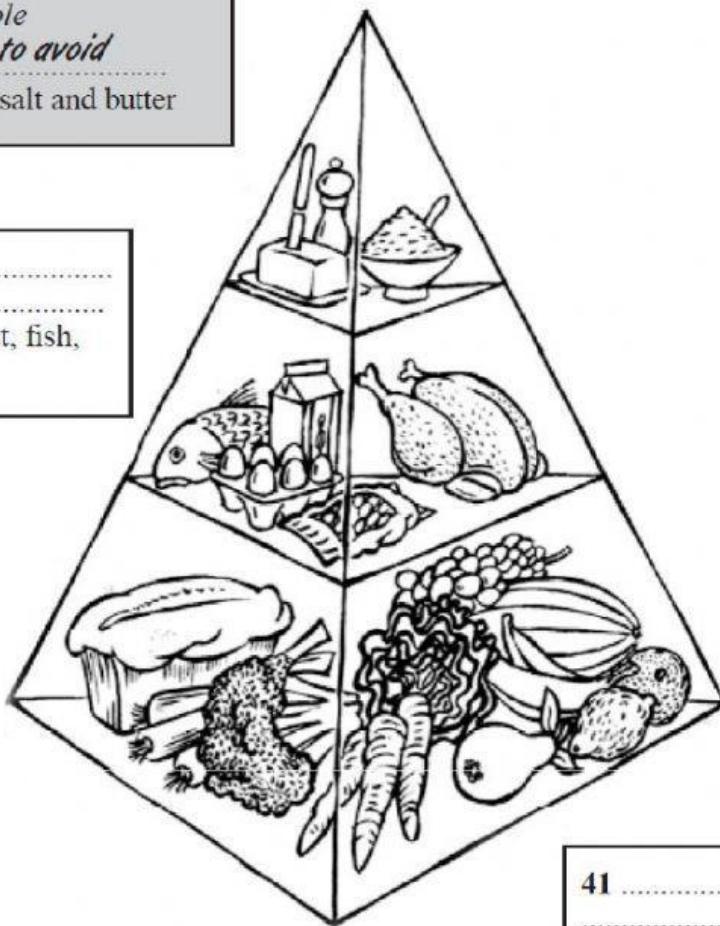
Questions 40-41

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

