You Are What You Eat

You are going to listen to an excerpt from a radio show in which Andy Patterson interviews Dr. Maureen O'Ryan, a nutrition expert. In the interview, they discuss the good and bad effects of popular foods and drinks.

Which foods in your diet do you think have good effects? Which have bad effects?

LISTEN FOR MAIN IDEAS

Read the chart. Then listen to the interview. What does Dr. O'Ryan say about these foods? Check (✓) the correct answer.

	Better for you	OK in small amounts	Bad for you
1. red meat			
2. white meat			
3. cheese			
4. coffee			
5. tea			
6. soda			
7. milk chocolate			
8. dark chocolate			

LISTEN FOR DETAILS

Read the sentences. Then listen again. Circle the answer that best completes each statement.

1. Dr. O'Ryan's advice is to _____.
   a. eat anything you like
   b. always eat healthy foods
   c. eat a balanced diet

2. Red meat is good for your _____.
   a. eyesight
   b. hair and teeth
   c. bones and skin

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3. Eating turkey can help you _____.
   a. feel more relaxed
   b. lose more weight
   c. have better eyesight

4. Cheese can raise your blood pressure because it contains a lot of _____.
   a. oil
   b. salt
   c. calories

5. Too much coffee can _____.
   a. make you feel stressed
   b. give you too much energy
   c. affect your heart

6. Green tea can help you _____.
   a. lose weight
   b. sleep well
   c. concentrate better

7. Calories that have no nutritional value are called _____ calories.
   a. dead
   b. empty
   c. useless

8. Drinking soda can make you feel _____.
   a. happier
   b. more tired
   c. hungrier

9. Dark chocolate _____.
   a. is good for your heart
   b. has less fat than milk chocolate
   c. can increase your blood pressure

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