

1) Listen and repeat.

wholesome	fibre	protein
nutrient	iron	carbohydrates
nutritious	potassium	
sufficient	calcium	

2) Fill in : *rich* , *contain* , *wholesome* , *keep* , *sufficient* , *skip* , *prevents*

- 1) Eating_____food keeps you fit.
- 2) If you suffer from obesity,
you'd better _____a diet
- 3) Grains_____a lot of fiber
- 4) Doing sports_____diseases.
- 5) Fruit_____in potassium and vitamins
- 6) You shouldn't _____breakfast
- 7) Don't forget to get_____sleep every
day

What nutrients do these products contain?



Answer the questions

- 1) What are the most wholesome products for people? What do they contain?
- 2) What should people eat more/should reduce eating/should eat a moderate amount of?
- 3) Why shouldn't people skip breakfasts?
- 4) Why should people have sufficient sleep?
- 5) What should/shouldn't people do to be healthy?