

I. Listen and write the missing words.

The average life span of the Japanese is 78 for males and 85 for females, the (1) _____ in the world. The main secret lies in their food. The Japanese eat a lot of tofu, which is made from soybeans. Tofu contains a lot of vegetable protein, calcium and Vitamin B. It doesn't contain (2) _____ fat, and it doesn't provide many calories. Seafood like fish and vegetables (3) _____ an important role in their diet, too. They cook the (4) _____ with less cooking oil and less time. For each meal, they have more dishes on the table than us but they eat only little of everything, never stuffing themselves. Japanese people also work very hard and do more exercise. This helps them burn the calories (5) _____ easily.

II. Listen and choose True (T) or False (F)

1. UNICEF serves children of all races, nationalities, religions, and political systems .
A. True B. False
2. Its purpose is to help provide a better life for all people.
A. True B. False
3. Today 80 million humans live in condition of poverty and hopelessness.
A. True B. False
4. Four- fifths of these children have no regular health services.
A. True B. False
5. Unsafe water is one of the reason millions of people die every year.
A. True B. False

THE END