

Name:

Date:



CLB 1 Listening Task

IV. Understanding Information

Task: Canada's Food Guide

Module: Health

Topic:
Eating Healthy

Success: 5/6

Pass: YES NO

Instructions: Listen to the teacher.
What is the health advice? Check A or B.

1. A. Drink milk. 
B. Drink water. 
2. A. Eat a lot of vegetables.  
B. Eat a lot of protein.  
3. A. Drink juice. 
B. Eat a whole apple. 
4. A. Choose $\frac{1}{4}$ chicken. 
B. Choose $\frac{1}{4}$ brown rice. 
5. A. Eat whole grain bread. 
B. Eat whole potatoes. 
6. A. Drink milk. 
B. Drink soda. 

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Teacher Lisa

