

DR ROBBINS' RECOMMENDATIONS

PART 2

1. Listen to our nutritionist giving feedback on the kids' diets and answer the following question. Feel free to listen to it as many times as you need, pause or rewind.

Which of these items does she mention?

a balanced diet

carbohydrates

vitamins and minerals

meals (eg: lunch, breakfast, etc)

Sugar

Protein

fat and salt

fizzy drinks

2. Listen to her again. What advice does she give the three kids?

Example: *Emma should eat plenty of cheese, eggs and beans.* Write them down here .

Emma:

Gabi:

Jonny: