

# LISTENING

Listen and choose.



1. The guest on the programme is \_\_\_\_\_.
  - ☐ a sportsperson
  - ☐ an expert on food
  - ☐ an actor
  
2. The guest talks about \_\_\_\_\_ different food groups.
  - ☐ four
  - ☐ six
  - ☐ five
  
3. She finishes by talking about \_\_\_\_\_ food.
  - ☐ healthy
  - ☐ vegetarian
  - ☐ unhealthy

## 2. Listen again and complete with ONE word.

1. A balanced diet is the right amount of \_\_\_\_\_ from each group.
2. Bread, pasta, \_\_\_\_\_ and potatoes are all carbohydrates.
3. We need something from the \_\_\_\_\_ and vegetables group at every meal.
4. We can get protein from meat and \_\_\_\_\_.
5. We get calcium from dairy food like \_\_\_\_\_ and yoghurt.
6. We only need fats and sugars once or twice a \_\_\_\_\_.

