

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 _____.

