

Do you think what we eat affects our health?

Look at the pictures below. Which of these food items do you think might...?

<p>1. help you feel better if you have a cold?</p>		<p>A. CHICKEN SOUP</p>
<p>2. help you to focus during a test?</p>		<p>B. CHEWING GUM</p>
<p>3. keep you awake at night?</p>		<p>C. CHOCOLATE</p>
<p>4. be bad for your skin?</p>		<p>D. COLA DRINK</p>

You are going to hear four teenagers talking about the four food items in the pictures. Listen and choose from the list (A-F) what each speaker (1-4) says. There are two extra statements that you don't need to use.

- A. It's not easy for me to accept advice from someone I don't know.
- B. I should have paid more attention to the good advice I was given.
- C. Some said that it can help you relax.
- D. What people told me wasn't true.
- E. I ate something I didn't feel like eating and it made me feel better.
- F. I found out that doing this could reduce stress.

Speaker 1. Chewing gum used to be _____ rules.

Speaker 2. The good news is that chocolate is actually good for _____.

Speaker 3. It was _____ who told me about the connection between caffeine and sleep.

Speaker 4. My grandmother took care of me when I was sick because my _____.