

Book p. 36 – Listening ex. 4a)

Listen to a nutrition expert's advice. Are the statements true or false?

1. Teenagers should eat three meals a day.
2. You shouldn't eat breakfast.
3. Junk food contains a lot of salt.
4. You shouldn't eat any fat.
5. Rice is a complex carbohydrate.
6. Vegetables contain vitamins and minerals.
7. You get protein from fruit.
8. Most of your diet should be protein.

4b)

- 1.
- 2.
- 3.
- 4.