

### Questions 1–5

Choose the correct letter, **A**, **B** or **C**.

- 1 According to Debbie, why do some people fail to eat a balanced diet?
  - A They don't know how to cook.
  - B They don't have enough time to cook.
  - C They don't feel hungry enough to cook.
- 2 Debbie recommends that staff should keep fit by
  - A using a gym.
  - B taking up a new sport.
  - C changing some daily activities.
- 3 Which benefit of exercise does Debbie think is most important?
  - A It helps you sleep.
  - B It keeps your heart healthy.
  - C It improves mental skills.
- 4 What advice does Debbie give the nurses about health and safety?
  - A to avoid drinking coffee
  - B to use the canteen at night
  - C to take regular breaks
- 5 When she talks about hygiene, Debbie asks the nurses to
  - A wash their hands regularly.
  - B keep away from germs.
  - C help with the cleaning.