

You will hear an interview with a diet adviser. Listen and mark the sentences 1 (True) 2 (False) or 3 (Not Stated).

1. A healthy diet is most important to the stars.
2. Fruit and vegetables are the greatest part of the diet.
3. Jean doesn't allow sweets in her diet at all.
4. Chicken is the best meat course.
5. Grilling is a low-fat way to cook meat.
6. Many stars choose fish as an alternative to meat.
7. Jean's diet secret is drinking lots of water.

