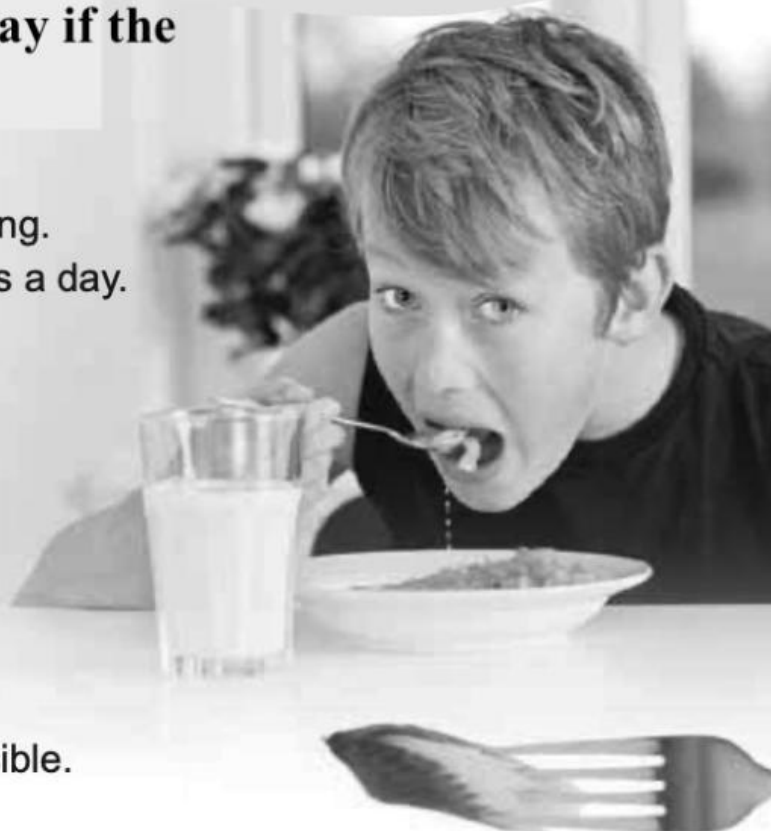


I. Listen to the speaker and say if the statements true or false.

- T / F** 1 It's very important to have a proper breakfast every morning.
- T / F** 2 It's enough to have two meals a day.
- T / F** 3 We need to drink at least two litres of water a day.
- T / F** 4 Portions have become much larger nowadays.
- T / F** 5 We should eat as much food as our body uses.
- T / F** 6 You can eat as much sugar and salt as you want.
- T / F** 7 Eat your food as fast as possible.



II. Listen again and choose a, b or c.

- 1 People who don't eat breakfast regularly are more at risk...
a) of becoming ill. b) of becoming fat.
c) of becoming smaller.
- 2 If you eat five to six times a day you...
a) won't get enough energy.
b) will get too hungry and overeat.
c) won't get too hungry and overeat.
- 3 How much water we should drink a day depends on...
a) our physical activity and the weather.
b) the time of day and the food we eat.
c) the other drinks we have and where we are.
- 4 We should eat our food...
a) in a hurry. b) slowly. c) in front of the TV.

