



Listening Skill

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PBD Module DSKP Practice

LS 1.1.2 Understand independently specific information and details in simple longer texts on a range of familiar topics.

LS 2.1.2 Ask for and respond appropriately to simple suggestions

A Listen to the advice on 'Quick Tips for a Healthy Body'.

B Complete the graphic organiser.



TRACK 15

How to take your food

- (a) Eat a small handful of _____ and nuts.
- (b) _____ ensure a supply of good nutrients. Vary the colour of the fruits.
- (c) Fill half your plate with a variety of _____ and a good quarter of each protein and good carbs.
- (d) Chew your food well and good to help in _____.

Liquid

- (e) _____ is the most vital nutrient.
- (f) Your intake should be _____ a day.
- (g) Replace coffee and soda intake with _____.

Tips for a Healthy Body**Web Link**

Check out this article on habits you need for a healthy mind and body:



Info



<https://www.goalcast.com/2017/12/14/8-habits-healthy-mind-and-body/>

What to avoid

- (h) _____ and rich/fried food unless you are eating out.
- (i) Save the _____ for real healthy food at home.

C Listen to the audio again and complete the sentences below with words related to health.

1. It is not a good habit to take _____ rather than proper meals.
2. Fresh fruits is a good source of _____ that we need for healthy living.
3. For good _____, we should chew our food intake properly before swallowing it.
4. The most important and vital source of nutrient is _____ and the amount of water intake daily is 6 – 8 glasses.
5. _____ are units of energy contained in real healthy food.
6. Besides vegetables, fruits and water, another source of good _____ is fish especially oily fish.