

Listening Ex. > Healthy Eating For Diabetics

mp3 file

A. Listen to a report about the control of a health disease some people suffer. Then answer the questions below.

1. What is insulin? _____

2. Why is it useful in the human body? _____



3. How can a person start suffering from diabetes? _____

4. What do doctors advise for patients with diabetes? _____

5. The British Diabetic Association recommends three (3) things:

a. _____

b. _____

c. _____

6. How much is an ideal weight loss in a short-term target? _____

7. How often do people need to check their weight? _____

B. Continue listening to the report. Write **NO MORE THAN THREE WORDS** for each answer.

If people want to reduce fat in their diet, they may eat lean meat, (1)

_____ from chicken, use (2) _____ and cut down butter. It is

highly recommended to eat plenty of (3) _____. Additionally, the

consumption of (4) _____ and lentils can help to (5) _____ the rise of

blood sugar (6) _____ meals. It is also appropriate the

intake of (7) _____ bread and flour and (8) _____

cereals for breakfast. People should avoid eating (9) _____,

chocolate, cakes, and (10) _____ due to their high quantities

of sugar and fat. Beverages such as (11) _____ are

preferable. Instead of using sugar, a(n) (12) _____ sweetener helps more. Finally, it

is important to read carefully the (13) _____ in labels of package food items. If

you need further assistance, (14) _____ at the British Diabetic Association may

provide it.



Audio taken from Evans V. & Dooley, J. (2000) Mission Course book 1. Unit 2 – Part 1. Track 5. Express Publishing, UK
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