

## Dictation 36(B)

A. Choose the correct answer.

1. \_\_\_\_\_ have little fat.

A. Portions      B. Beans

2. Mary always puts \_\_\_\_\_ in her salad.

A. olive oil      B. spicy

3. Milk has got a lot of \_\_\_\_\_.

A. daily      B. calcium

4. I go jogging to \_\_\_\_\_.

A. grow big      B. stay fit

5. Fruit and vegetables have got a lot of \_\_\_\_\_.

A. vitamins      B. guide



B. Write what is missing.

6. Eggs are high in protein. = \_\_\_\_\_

7. Don't eat sweets if you want to lose body \_\_\_\_\_ = λίπος

8. It's good to exercise on a daily basis. = \_\_\_\_\_

9. Potatoes and rice give us \_\_\_\_\_ = ενέργεια

10. Many people add some red pepper to make their hot dog  
spicy. = \_\_\_\_\_