

Listening

TB 36/4

1. Pre-listening exercise.

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|--------------|--------------------------|
| 1. meal | a) za den |
| 2. a day | b) tuk |
| 3. junk food | c) bílkovina |
| 4. salt | d) obsahovat |
| 5. fat | e) jídlo, chod |
| 6. contain | f) sůl |
| 7. protein | g) tučné, nezdravé jídlo |

2. Listen to a nutrition expert's advice. Are the statements true or false? Correct the false ones.

Teenagers should eat three meals a day.	true	false	
You shouldn't eat breakfast.	true	false	
Junk food contains a lot of salt.	true	false	
You shouldn't eat any fat.	true	false	
Rice is a complex carbohydrate.	true	false	
Vegetables contain vitamins and minerals.	true	false	
You get protein from fruit.	true	false	
Most of your diet should be protein.	true	false	