PART 1 Listening (10 questions)

Listen and complete the table. Write ONE WORD or A NUMBER in each blank. (5 questions)

PERCENTAGE OF A MEAL

Vegetables & fruits (1)_____%

Protein foods (2)_____%

Whole grain foods (3)_____%

BENEFITS

Provide (4)_____, minerals and fibre

Build your (5)_____, muscles and skins

Listen and decide whether each of the following statements is TRUE or FALSE. (5 questions)

Answers	True	False
6. With a healthy diet, your risk of heart attacks is lower.	○	○
7. Eggs belong to the protein food group.	○	○
8. The speaker suggests eating as much meat as possible.	○	○
9. Rice is an example of a whole grain food.	○	○
10. You should only eat a few kinds of foods.	○	○

---THE END---

LIVEWORKSHEETS