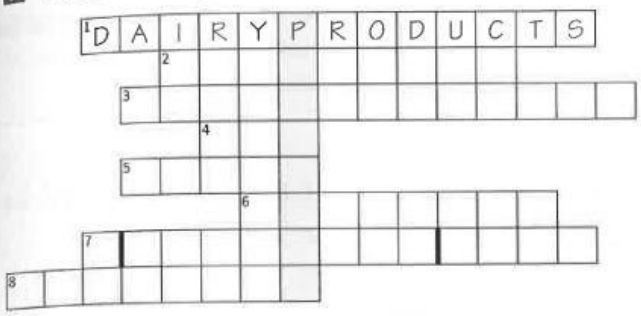
VOCABULARY AND LISTENING

Healthy eating

1 ★ **Complete the puzzle. Use the clues.**



1 These foods usually come from milk.
2 You can study this to learn about food and a healthy diet.
3 We get most of our energy from these. You find them in bread and pasta.
4 There is a lot of this in cheese and chocolate.
5 This helps food pass through the body.
6 We get these natural substances from fruit (C) or sunlight (D).
7 A good mixture of many food types.
8 We count these to find out how much energy there is in our food.

2 ★ **Circle the correct definition for the secret word (in grey) in Exercise 1.**

a They help your bones to grow longer.
b They help your body to grow stronger.
c They help your heart to work.

3 4.01 ★★ **Underline the words that are the same or similar in your language – notice any differences in spelling. Then listen to the English pronunciation.**

1 A balance between mental and physical health is important.
2 We know that calcium is good for our bones.
3 Do you know why cereals are good for you?
4 Our sports lessons always end with a fun activity.

An interview



4 4.02 ★★ **Listen to an interview about 'Blue Zones'. Number the topics the speakers mention in the order you hear them (1–4).**

a ☐ regular exercise
b ☐ the Mediterranean diet
c [1] centenarians
d ☐ eating food from the sea



5 4.02 ★★ **Listen again and circle the correct answers.**

1 A Blue Zone is a place where people often …
a become large. (b) live to an old age.
c eat seafood.

2 Philippa was surprised because many Blue Zones are …
a very big. b in Asia. c islands.

3 The food tofu is very high in …
a carbohydrates. b calories. c protein.

4 Philippa says people in the Mediterranean often eat …
a too much meat. b very little fat.
c a lot of sweet things.

5 Philippa thinks that … also important for a long life.
a family and friends are b working outside is
c getting up early is

LIVEWORKSHEETS