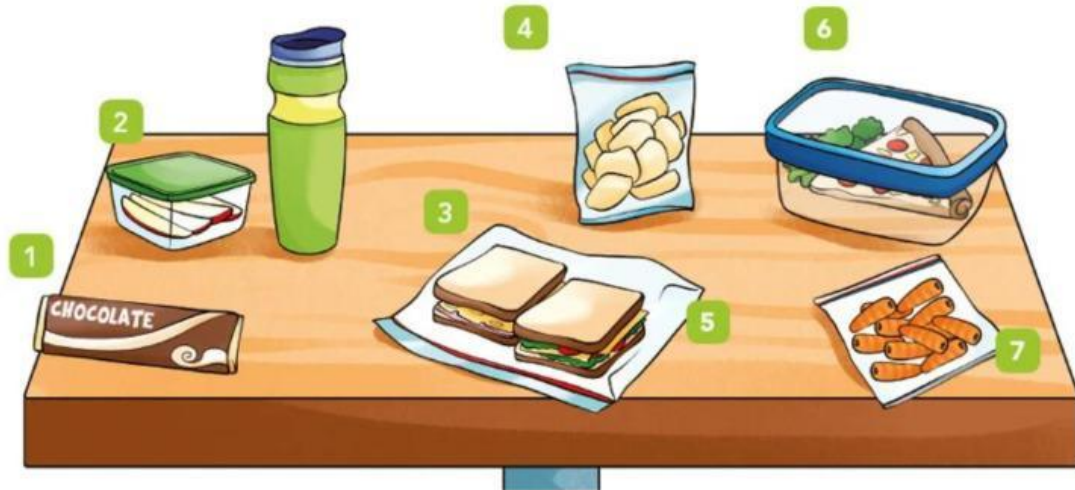


Healthy diet.

Exercise 1. Listen to the conversation and write J (John), S (Sam), or V (Vanessa) next to the correct number.



- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.

Exercise 2. Answer the questions.

1. Who has a balanced lunch?
2. Why is Sam always hungry in the school?
3. What does Vanessa have for breakfast?
4. Why does Vanessa need to eat breakfast?
5. What did they bring for lunch?

Sam:

John:

Vanessa:

Exercise 3. Match the nutrients with their descriptions.

Carbohydrates
and fats

Proteins

Vitamins and
minerals

They make muscles and body's
defenses strong.

Are important for the nervous
system.

Give our body the energy it needs
for staying active