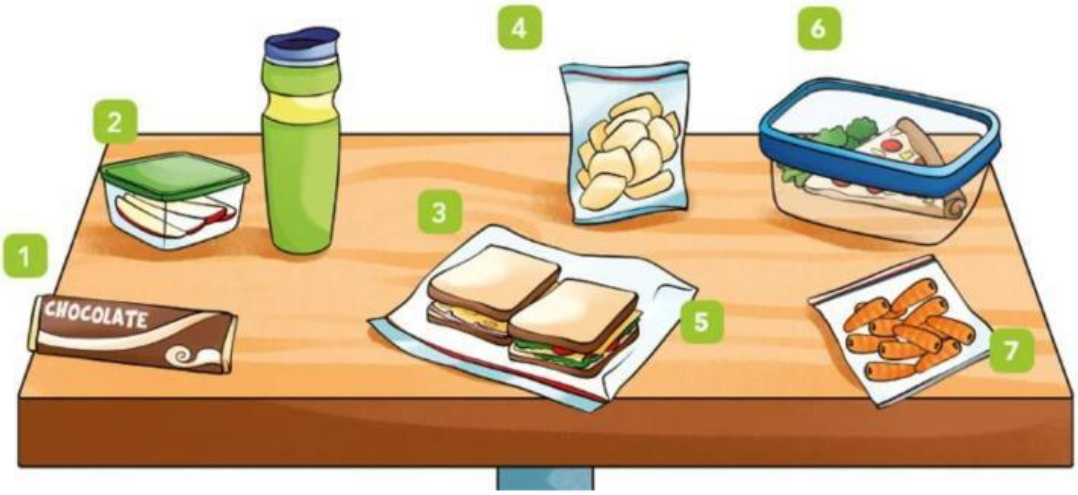
Healthy diet.

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?

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Sam:

John:

Vanessa:

Exercise 3. Match the nutrients with their descriptions.

Carbohydrates and fats	They make muscles and body's defenses strong.
Proteins	Are important for the nervous system.
Vitamins and minerals	Give our body the energy it needs for staying active

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