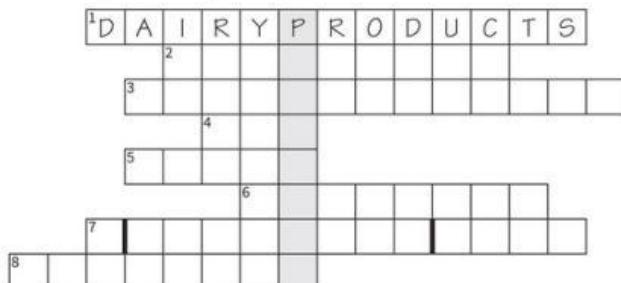


## VOCABULARY AND LISTENING

### 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 ★★ 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

4.02

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

- regular exercise
- the Mediterranean diet
- centenarians
- eating food from the sea



4.02

5 ★★ Listen again and circle the correct answers.

- 1 A Blue Zone is a place where people often ...
  - become large.
  - live to an old age.
  - eat seafood.
- 2 Philippa was surprised because many Blue Zones are ...
  - very big.
  - in Asia.
  - islands.
- 3 The food tofu is very high in ...
  - carbohydrates.
  - calories.
  - protein.
- 4 Philippa says people in the Mediterranean often eat ...
  - too much meat.
  - very little fat.
  - a lot of sweet things.
- 5 Philippa thinks that ... also important for a long life.
  - family and friends are
  - working outside is
  - getting up early is