



LISTENING ACTIVITY



Listen to a short talk by a nutritionist and complete the five steps to how to eat better.

Eat

fish

Drink

diary

five

fruits

full

protein

1

_____ whole food whenever possible.

2

Follow the Ministry of Health rules to eat _____ servings of _____ and vegetables per day.

3

Keep track of what you eat by writing in a _____.

4

_____ as much plain water to improve your digestion and to keep you _____.

5

Eat _____ twice a week because it contains a lot of top-quality _____ and omega 3 fatty acids.