

EX 2. Listen to a TV chat show about teen health. Circle the topic of the show.

- A. Health products and fitness programmes for young people
- B. Food for skincare and brain development
- C. Healthy food for young people
- D. Food that can replace exercise

EX 3. Listen again and tick the food which is recommended in the talk.

Good for skin & brain

- ____ food with a lot of sugar
- ____ white rice
- ____ yoghurt
- ____ lemons
- ____ green vegetables

Good for bones & muscles

- ____ eggs
- ____ fish
- ____ butter
- ____ carrots
- ____ potato chips

EX 4. Listen again and complete the sentences. Use ONE word for each answer.

1. Teens should eat less food which is rich in _____.
2. Green vegetables can help teens _____ better.
3. Food such as eggs and fish can help teens become taller and _____.
4. Food can't replace _____.