

Listen and tick (✓) the food which is recommended in the talk.

Good for skin & brain	Good for bones & muscles
<input type="checkbox"/> food with a lot of sugar	<input type="checkbox"/> eggs
<input type="checkbox"/> white rice	<input type="checkbox"/> fish
<input type="checkbox"/> yoghurt	<input type="checkbox"/> butter
<input type="checkbox"/> lemons	<input type="checkbox"/> carrots
<input type="checkbox"/> green vegetables	<input type="checkbox"/> potato chips