



Name:

Date: Class: 4.....

WORKSHEET

UNIT 8-LISTENING

***Listen and fill in the blanks.

This video is about

Healthy foods are fundamental for our existence they help us

....., ... and to be



We need to learn about the and follow its steps.



- ① The first step is about&..... It is the worst one, we must eat very little or from this step. They are very for our



- ② The second step is formed by, ...and It is important to eat this food every day.

- ③ The third step is all about It consists on, ... and You must eat this food from to times a day.



- ④ Fruit and vegetables feed our body with and and allow us to stay safe. Doctors recommend eating them times a day.

- ⑤ The fifth is the group of the You can find, ... and

They are also very important so you must eat them



***Tick the four correct sentences.

Doctors and nutritionists recommend

A. To eat at different time every day	E. To eat in front of the television
B. To eat with the family	F. To eat at the same time every day
C. To drink coke	G. To do physical exercises
D. To play computer games	H. To drink water