

HEALTHY EATING LISTENING

Listen and complete the blanks with NO MORE THAN THREE WORDS for each answer

Very important to eat a (1)..... diet.

People in Europe and USA eat (2)..... more sugar now than in 1800.

Try to eat plenty of fresh fruit and vegetables. (3)..... servings a day, if possible.

Avoid foods containing a lot of sugar, especially (4)..... drinks.

Cut down on fat - eat lean meat, poultry, fish and low- fat (5).....

Eat no more than (6)..... eggs a week.

In cooking, use lemon juice instead of (7).....

Try to eat regularly (8)..... day

Most nutritious fruit is an (9).....

Contains- 165 calories per 100 g

10 protein as milk

More vitamins A, B and C than milk

