Listen to the talk on having good eating habits below. Then tick (√) for the statements that are true.

1. We take three meals a day. ..... ( )
2. It is bad to delay taking our meals. ..... ( )
3. When we are hungry, we fall sick easily. ..... ( )
4. The key to living well is to have a balanced diet. ..... ( )
5. Skipping meals may result in death. ..... ( )

Listen to the talk above again. Then fill in the blanks with the correct answers.

skip habit regular practice discomfort

1. Eating regularly is a good _____.
2. We must take our meals at our _____ times.
3. Delay taking a meal may lead to gastric _____.
4. It is bad to _____ a meal.
5. A good eating _____ will lead us to live well.

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Fill in the blanks with the correct answers.

typical nutrients nutritional Snacks couch potato

1. The _____ in food and drinks give us energy.
2. Junk food don't have much _____ value.
3. A _____ Malaysian breakfast is bread, *nasi lemak* or fried beehoon.
4. A _____ refers to a person who is lazy and sits most of the time.
5. _____ are not healthy food.

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