

NAME: _____

A. Match the word to its meaning. Then, rewrite it in your vocabulary book.

allow	•	•	To persuade someone not to do something, especially by making it seem difficult or bad (<i>melemahkan semangat</i>)
discourage	•	•	Give permission (<i>membenarkan</i>)
nutritional	•	•	a chemical used to stop food from decaying (<i>bahan awet</i>)
recommend	•	•	relating to nutrition (<i>nilai makanan</i>)
preservatives	•	•	to advise someone to do something (<i>mengesyorkan</i>)

B. Listen to the audio, fill in the blanks.



: Do your parents allow you to eat _____?



: My parents do not _____ me to eat fast food because it contains a lot of fat and is high in calories.



: My mother _____ me to eat fast food because it has low nutritional value.



: My father does not recommend fast food because it contains a high amount of _____, sodium and preservatives.

C. Based on the conversation you listen in B, list the reasons why parents do not allow us to eat fast food.

- i. _____
- ii. _____
- iii. _____

D. Answer the following questions.

1. Name some junk food we should avoid.

2. Suggest some food that can make us healthy.

3. What are the other ways to keep ourselves healthy.