

## U2: LISTENING

Listen to the recording and decide if the following statements are True (T) or False (F)

If they are True, **CITE/ QUOTE** some **KEY WORDS** from the recording.

If they are False, correct them

| Statements                                                                                | True (T) or False (F) | RIGHT Key words / Key words to CORECT |
|-------------------------------------------------------------------------------------------|-----------------------|---------------------------------------|
| 1. The Healthy Eating Pyramid is a complex guide to choosing your diet.                   |                       |                                       |
| 2. Daily exercises and weight control are key to staying helathy according to the Pyramid |                       |                                       |
| 3. You are advised to eat more things on the top of the Pyramid.                          |                       |                                       |
| 4. It's suggested that half of your plate consists of vegetables and fruit.               |                       |                                       |
| 5. Fish, poultry, beans, or nuts make up the other half of the dinner plate.              |                       |                                       |