3 05 **Listen to the first part of the talk and choose the correct answers for Questions 1–5.**

Questions 1–5

Choose the correct letter, A, B or C.

1 According to Debbie, why do some people fail to eat a balanced diet?

A They don't know how to cook.

B They don't have enough time to cook.

C They don't feel hungry enough to cook.

2 Debbie recommends that staff should keep fit by

A using a gym.

B taking up a new sport.

C changing some daily activities.

3 Which benefit of exercise does Debbie think is most important?

A It helps you sleep.

B It keeps your heart healthy.

C It improves mental skills.

4 What advice does Debbie give the nurses about health and safety?

A to avoid drinking coffee

B to use the canteen at night

C to take regular breaks

5 When she talks about hygiene, Debbie asks the nurses to

A wash their hands regularly.

B keep away from germs.

C help with the cleaning.

LIVEWORKSHEETS