

Listen and answer the questions

1.What will you make fit?

2.What won't you make fit?

3.Where can you play sport?

4.What can you do if you don't like team sports?

5.What does regular exercise make?

6.How often can you eat sweets, chocolate and crisps?

7.What do they contain?

8.What can you eat?

9.What do you need to drink?

10.What do fizzy drinks contain?

11.How much sugar is in one can of Coke?

12.Why do you need calcium?
