

A. Look at the food pyramid. Which of the foods do you think you should eat more and which less? Listen, read and check your answers.

The food pyramid

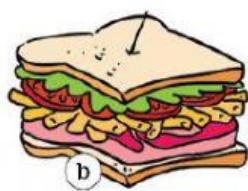
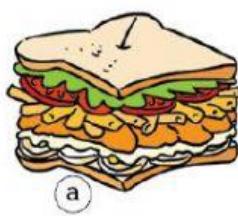
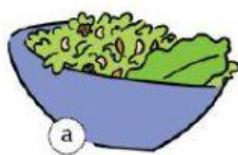
1. This food group helps your teeth stay white and strong.	<input type="radio"/>	• FATS, OIL AND SWEETS
2. This food group gives you energy.	<input type="radio"/>	• DAIRY PRODUCTS
3. This food group makes your muscles strong.	<input type="radio"/>	• MEAT, CHICKEN, FISH, EGGS, NUTS, BEANS
4. You shouldn't eat a lot from this food group.	<input type="radio"/>	• FRUIT AND VEGETABLES
5. This food group gives you the protein you need.	<input type="radio"/>	• BREAD, CEREAL, RICE, PASTA
6. You should eat foods from this food group to avoid getting ill.	<input type="radio"/>	

Find the sentences in the text (book 52)

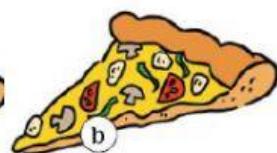
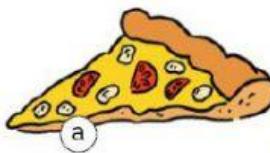
- A kiegyensúlyozott diéta minden a 4 ételcsoportot magába foglalja.
- Szóval ne kerüld az édesség evést.
- A fehérje szükséges ahhoz, hogy nőjön a test és erős legyen.
- Szóval egyél többet ebből a csoportból, hogy energikus maradj.
- A vörös húsban sok a zsír.

Listen to three short dialogues and answer the questions. Choose the correct picture a or b.

1. Which salad is the woman going to eat tonight? (1) 2. (3) 3. Which sandwich does the woman decide to buy? (1)



2. Which pizza is Bruce having for dinner? (1)



exercise travel eat watch fly make look

1. John is thinking of to Italy by boat. You see, he hates so he won't go by plane.
2. You should stop TV all afternoon. Join the gym and start !
3. Diane can't stand fish. How about her a salad?
4. after a pet is not easy.