

## 1) Listen and repeat.

wholesome

fibre

protein

nutrient

iron

carbohydrates

nutritious

potassium

sufficient

calcium

2) Fill in : *rich* , *contain* , *wholesome* , *keep* ,  
*sufficient* , *skip* , *prevents*

1) Eating \_\_\_\_\_ food keeps you fit.

2) If you suffer from obesity,

you'd better \_\_\_\_\_ a diet

3) Grains \_\_\_\_\_ a lot of fiber

4) Doing sports \_\_\_\_\_ diseases.

5) Fruit \_\_\_\_\_ in potassium and vitamins

6) You shouldn't \_\_\_\_\_ breakfast

7) Don't forget to get \_\_\_\_\_ sleep every  
day

# What nutrients do these products contain?



## Answer the questions

- 1) What are the most wholesome products for people? What do they contain?
- 2) What should people eat more/should reduce eating/should eat a moderate amount of?
- 3) Why shouldn't people skip breakfasts?
- 4) Why should people have sufficient sleep?
- 5) What should/shouldn't people do to be healthy?