

Listening Quiz

I. Listen **Tack 36 U8**, and complete the sentences. (6 points)

Protein	Bread	Milk	Food	Five
Fats and oils	Body	Fish	Vitamins and minerals	Carbohydrates

1. Your _____ is an amazing machine, you need to give it fuel, just like a car. Fuel for your body comes from the _____ you eat.
2. There are _____ different types of fuel.
3. _____ You get protein from meat, chicken, _____, eggs and nuts.
4. _____. You get carbohydrates from _____, cereal, pasta and potatoes.
5. _____. You get fats and oils from _____, butter and fish.
6. _____. Different types of food give you different types of vitamins and minerals.

II. Listen **Tack 39 U8** and write **Yes** or **No** to the sentences about what is good for your brain. (5 points)

1. Eat healthy food, like fish and vegetables. _____
2. Be all day in the sofa watching T. V. _____
3. Wear a helmet when you go skating. _____
4. Learn how to play videogames. _____
5. Do challenging activities like puzzles. _____
6. Sleep five hours. _____