

1. Listen

2. Choose True or False

- 1 It's very important to have a proper breakfast every morning. True or False
- 2 It's enough to have two meals a day. True or False
- 3 We need to drink at least two litres of water a day. True or False
- 4 Portions have become much larger nowadays. True or False
- 5 We should eat as much food as our body uses. True or False
- 6 You can eat as much sugar and salt as you want. True or False
- 7 Eat your food as fast as possible True or False

3. Choose a, b or c

1 People who don't eat breakfast regularly are more at risk...

a) of becoming ill. b) of becoming fat. c) of becoming smaller.

2 If you eat five to six times a day you...

a) won't get enough energy. b) will get too hungry and overeat. c) won't get too hungry and overeat.

3 How much water we should drink a day depends on...

a) our physical activity and the weather.

b) the time of day and the food we eat.

c) the other drinks we have and where we are.

4 We should eat our food...

a) in a hurry. b) slowly. c) in front of the TV.

4. Choose the right meaning for the words in bold.

1 If you are **at risk** of something, you a) are in danger of it. b) aren't in danger of it.

2 If you **skip** something, you a) do it fast. b) don't do it.

3 The **flavour** of food is its a) taste. b) smell.

4 If you **take your time**, you a) are in a hurry. b) aren't in a hurry.

5 A **fizzy drink** is a drink a) with bubbles. b) without bubbles.

6 A **snack** is a) a small amount of food. b) a great amount of food.