ESLWORKSHEETS

Do you think what we eat affects our health?

Look at the pictures below. Which of these food items do you think might...?

1. help you feel better if you have a cold?		A. CHICKEN SOUP
2. help you to focus during a test?		B. CHEWING GUM
3. keep you awake at night?		C. CHOCOLATE
4. be bad for your skin?		D. COLA DRINK

You are going to hear four teenagers talking about the four food items in the pictures. Listenand choose fromthe list (A-F) what each speaker (1-4) says. There are two extra statements that you don't need to use.

A. It's not easy for me to accept advice from someone Idon't know.

B. I should have paid more attention to the good advice I ws given.

C. Some said that it can help you relax.

D. What people told me wasn't true.

E. I ate something I didn't feel like eating and it made me feel better.

F. I found out that doing this could reduce stress.

Speaker 1. Chewing gum used to be _____ rules.

Speaker 2. The good news is that chocolate is actually good for _____.

Speaker 3. It was _____ who told me about the connection between caffeine and sleep.

Speaker 4. My grandmother took care of me when I ws sick because my _____.