

## I. Listen to the speaker and say if the statements true or false.

**T / F** 1 It's very important to have a proper breakfast every morning.

**T / F** 2 It's enough to have two meals a day.

**T / F** 3 We need to drink at least two litres of water a day.

**T / F** 4 Portions have become much larger nowadays.

**T / F** 5 We should eat as much food as our body uses.

**T / F** 6 You can eat as much sugar and salt as you want.

**T / F** 7 Eat your food as fast as possible.



## II. Listen again and 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.*

