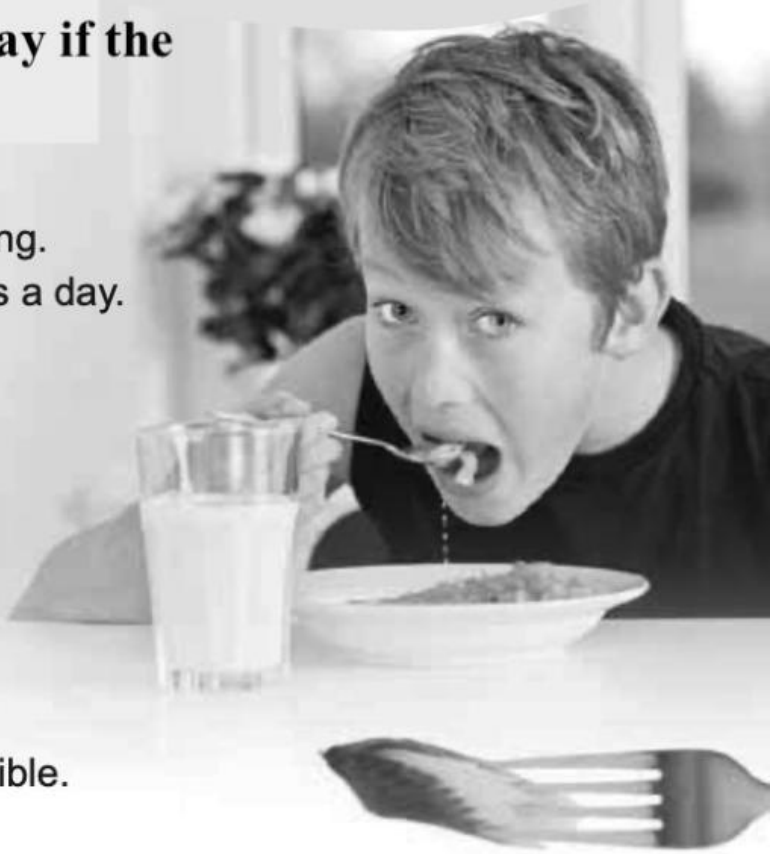
I. Listen to the speaker and say if the statements true or false.



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.*

LIVEWORKSHEETS