

**Listen to the recording and decide if the following statements are true (T) or false (F).**

	True	False
1. The Healthy Eating Pyramid is a complex guide to choosing your diet.		
2. Daily exercise and weight control are key to staying healthy according to the Pyramid.		
3. You are advised to eat more things on the top of the Pyramid.		
4. It's suggested that half of your plate consists of vegetables and fruit.		
5. Fish, poultry, beans, or nuts make up the other half of the dinner plate.		