



- what are the best foods to eat?**
- can I drink it sometimes?**
- it's bad for your teeth and health.**
- what should I avoid?**
- how to stay healthy?**
- what else is important?**

Tom: Can you give me some suggestions on (1) \_\_\_\_\_

Doctor: Well, first of all, you need to make sure that you eat the right foods.

Tom: (2) \_\_\_\_\_

Doctor: You should eat fresh fruits, vegetables, and whole grains.

Tom: (3) \_\_\_\_\_

Doctor: You need to avoid highly fatty and greasy foods.

Tom: (4) \_\_\_\_\_

Doctor: You need to get plenty of exercise every day.

Tom: How about soda? (5) \_\_\_\_\_

Doctor: It's okay to drink soda once in a while, but never overdo it. (6) \_\_\_\_\_

