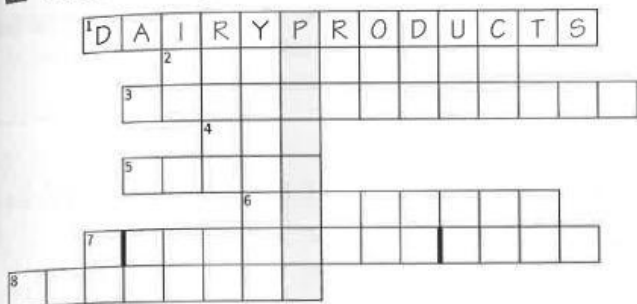


VOCABULARY AND LISTENING

Healthy eating

1 Complete the puzzle. Use the clues.



- 1 These foods usually come from milk.
- 2 You can study this to learn about food and a healthy diet.
- 3 We get most of our energy from these. You find them in bread and pasta.
- 4 There is a lot of this in cheese and chocolate.
- 5 This helps food pass through the body.
- 6 We get these natural substances from fruit (C) or sunlight (D).
- 7 A good mixture of many food types.
- 8 We count these to find out how much energy there is in our food.

2 Circle the correct definition for the secret word (in grey) in Exercise 1.

- a They help your bones to grow longer.
- b They help your body to grow stronger.
- c They help your heart to work.

3 Underline the words that are the same or similar in your language – notice any differences in spelling. Then listen to the English pronunciation.

- 1 A balance between mental and physical health is important.
- 2 We know that calcium is good for our bones.
- 3 Do you know why cereals are good for you?
- 4 Our sports lessons always end with a fun activity.

An interview

4.02

4 Listen to an interview about 'Blue Zones'. Number the topics the speakers mention in the order you hear them (1-4).

- a ☐ regular exercise
- b ☐ the Mediterranean diet
- c ☒ 1 centenarians
- d ☐ eating food from the sea



4.02

5 Listen again and circle the correct answers.

- 1 A Blue Zone is a place where people often ...
 - a become large.
 - b live to an old age.**
 - c eat seafood.
- 2 Philippa was surprised because many Blue Zones are ...
 - a very big.
 - b in Asia.
 - c islands.
- 3 The food tofu is very high in ...
 - a carbohydrates.
 - b calories.
 - c protein.
- 4 Philippa says people in the Mediterranean often eat ...
 - a too much meat.
 - b very little fat.
 - c a lot of sweet things.
- 5 Philippa thinks that ... also important for a long life.
 - a family and friends are
 - b working outside is
 - c getting up early is