

HEALTHY EATING PROJECT



You will hear a girl called Lydia talking about a project for eating healthy. Complete the sentences.

Lydia says an alternative name for healthy eating is having a (1) _____.

Lydia compares the food we eat to (2) _____ for our bodies.

Lydia says people do not need to avoid certain foods such as (3) _____.

Lydia says the food pyramid describes the foods we ought to eat and their (4) _____.

Lydia offers to provide listeners with (5) _____ which contain fruit & vegetables.

Lydia points out that (6) _____ is a non-food source of one vitamin.

Lydia says that (7) _____ is an example of a snack we needn't avoid.

Lydia says the action of (8) _____ salad items doesn't burn more energy than the food provides.

Lydia gives the example of (9) _____ as a drink that is useful for our bodies.

Lydia explains that some people think (10) _____ is a substitute for eating healthy.

