

# 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.

