

Task 1. Listen to a nutritionist giving advice about the best food for people who do sport.  
Tick the things he mentions.

- |                 |                          |
|-----------------|--------------------------|
| 1 calcium       | <input type="checkbox"/> |
| 2 calories      | <input type="checkbox"/> |
| 3 carbohydrates | <input type="checkbox"/> |
| 4 cholesterol   | <input type="checkbox"/> |
| 5 fat           | <input type="checkbox"/> |
| 6 fibre         | <input type="checkbox"/> |
| 7 minerals      | <input type="checkbox"/> |
| 8 nutrients     | <input type="checkbox"/> |
| 9 preservatives | <input type="checkbox"/> |
| 10 protein      | <input type="checkbox"/> |
| 11 vitamins     | <input type="checkbox"/> |

Task 2. Listen again and complete the advice with the words you ticked in Task 1.

- \* You don't have to eat broccoli, which is full of <sup>1</sup> \_\_\_\_\_, with oil and salt, but it might help to make it tastier!
- \* Sweet potatoes and tomatoes contain a lot of <sup>2</sup> \_\_\_\_\_.
- \* You should try and avoid red meat because although it has <sup>3</sup> \_\_\_\_\_, it also has a lot of <sup>4</sup> \_\_\_\_\_.
- \* You must eat fruit – bananas are a good option because they have a lot of <sup>5</sup> \_\_\_\_\_.
- \* You mustn't eat too many nuts because although they provide you with <sup>6</sup> \_\_\_\_\_, they also contain a lot of <sup>7</sup> \_\_\_\_\_.
- \* If you have to exercise in the evening, milk will help you relax and provide your bones with <sup>8</sup> \_\_\_\_\_.