

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