

**EX 2. Listen to a TV chat show about teen health. Circle the topic of the show.**

- A. Health products and fitness programmes for young people**
- B. Food for skincare and brain development**
- C. Healthy food for young people**
- D. Food that can replace exercise**

**EX 3. Listen again and tick the food which is recommended in the talk.**

**Good for skin & brain**

- food with a lot of sugar
- white rice
- yoghurt
- lemons
- green vegetables

**Good for bones & muscles**

- eggs
- fish
- butter
- carrots
- potato chips

**EX 4. Listen again and complete the sentences. Use ONE word for each answer.**

1. Teens should eat less food which is rich in \_\_\_\_\_.
2. Green vegetables can help teens \_\_\_\_\_ better.
3. Food such as eggs and fish can help teens become taller and \_\_\_\_\_.
4. Food can't replace \_\_\_\_\_.