

**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 \_\_\_\_\_.