

Task 1. Match the words and their definitions.

Word	Meaning
1. energy	A. a famous person
2. celebrity	B. to cook on a grill
3. low-fat	C. strength to do things
4. to grill	D. not much fat

Task 2. You will listen ONCE. Do Task 3 while listening. Tick (✓) the correct box.

	True	False
1. Jean gives advice to celebrities.		
2. Celebrities need a diet with lots of energy.		
3. Jean says eat desserts every day.		
4. Jean says drink a lot of water.		
5. Jean says fry meat, not grill it.		

Task 3. Listen the interview again and fill in the missing words.

Choose from the box:

small	bananas	fish	low-fat	grilling
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- I plan diets with lots of fruits, like _____.
- I include snacks like nuts and _____ cheese.
- I always suggest _____ meat instead of frying.
- Many stars prefer _____ instead of meat.
- The trick is to eat many _____ meals throughout the day.

Task 4. Here are 4 tips from Jean. Number them 1, 2, 3, 4 in the order you hear them.

Tip	Order
Eat fish instead of meat.	
Eat bananas, nuts and low-fat cheese.	
Drink lots of water.	
Eat many small meals.	

Task 5. What does Jean recommend? Circle the things Jean says are GOOD for you.

bananas	cakes	nuts	sugary desserts	fish	low-fat
fried meat	vegetables	grilled meat	water	small meals	cheese.