

2 Listen and complete.

Listen to Kareem taking the Healthy Eating Quiz.
Circle his answers.

Do you ...		Yes	Sometimes	No
1	eat at least two servings of cheese, milk or yoghurt every day?	2	1	0
2	eat two or more servings of fruit every day?	2	1	0
3	eat three or more servings of vegetables every day?	2	1	0
4	eat three or more servings of bread, cereal, rice or pasta every day?	2	1	0
5	eat two or more servings from the meat, fish, beans, eggs and nut group every day?	2	1	0
6	eat more than one serving from the fat and sugar group every day?	0	1	2

What is Kareem's score?

Look at page 19 in your classbook. How healthy is his diet?