

9th grade
ESL
Listening Practice

Watch the video and answer the following answers.

1. Which type of food is the least healthy choice?
 - a. Frozen foods
 - b. Canned foods
 - c. Fresh foods
2. True, false, or we don't know? 'Low-fat' or 'zero calorie' foods are a healthy food choice.
 - a. True
 - b. False
 - c. The video doesn't say
3. How many portions of fruit and vegetables should you eat a day, at minimum?.
 - a. Five portions of fruit and five portions of vegetables
 - b. The video doesn't say
 - c. Five portions of fruit and vegetables
4. Which of these is not an official serving size?.
 - a. Half a cup of raw carrots
 - b. A large apple
 - c. A cup of cooked cabbage
5. True, false or don't know? People who multitask while eating tend to eat less.
 - a. The video doesn't say
 - b. True
 - c. False