

Class: \_\_\_\_\_ Name: \_\_\_\_\_

Score: \_\_\_\_\_ / 10



• Listen and choose the correct answers.

1

(a)



(b)



(c)



2

(a)



(b)



(c)



[3-4] Listen and choose the correct answers.

3 What is true about the vitamins in carrots?

- (a) Vitamin A is good for your immune system.
- (b) Vitamin C is good for your eyes.
- (c) Vitamin K is good for your blood and bones.

4 Which vitamin helps people avoid getting sick?

- (a) vitamin C
- (b) vitamin K
- (c) vitamin A

[5-6] Listen and choose the correct answers.

5 What are the speakers mainly talking about?

- (a) Jessica's unhealthy diet
- (b) Jessica's favorite celebrities
- (c) Jessica's exercise routine

- 6** What does Thomas suggest Jessica do?
- Ⓐ He suggests that she eat breakfast but not lunch.
  - Ⓑ He suggests that she do whatever the celebrities do.
  - Ⓒ He suggests that she eat more and get some exercise.

**[7-8] Listen and choose the correct answers.**

- 7** What are the speakers mainly talking about?
- Ⓐ processed foods
  - Ⓑ fresh foods
  - Ⓒ long-lasting foods
- 8** What is NOT mentioned in the conversation?
- Ⓐ Instant noodles are made to taste better and last longer.
  - Ⓑ Jack ate some processed foods this morning.
  - Ⓒ Kayla had cereal and orange juice for breakfast.

**[9-10] Listen and choose the correct answers.**

- 9** Which diet is low in vitamin B12?
- Ⓐ a carnivorous diet
  - Ⓑ a vegan diet
  - Ⓒ a well-balanced diet
- 10** Which is an example of a well-balanced diet?
- Ⓐ a diet with beef, chicken, fish, ham, and cheese
  - Ⓑ a diet with apples, carrots, rice, tofu, and olive oil
  - Ⓒ a diet with beef, rice, fish, apples, and tofu