

Class: _____ Name: _____



Unit 12 Healthy Eating

* Listen and write.

A (TR 87)

- G** Hey, Alex. How come you always have carrots in your lunch?
- B** Hey, Jane. They're good for my _____.
- G** How do you know that?
- B** Well, carrots are full of vitamin A, which is good for your _____.
- G** I see. Are there any other vitamins?
- B** Yes. There's vitamin K as well, which is good for your _____ and _____.
- G** Wow. Maybe I should eat some more carrots too.
- B** That's not all. There's also lots of vitamin C, which helps your _____ system, so you can _____ getting sick.
- G** I see. Carrots do sound like a healthy food.
- B** Yeah. And they're _____ too!

B (TR 88)

- B** Jessica, is that all you're having for lunch?
- G** Yes, Thomas. I'm on a _____.
- B** But you said you didn't have breakfast _____.
- G** I know. I barely have _____ to eat right now.
- B** That doesn't sound _____ at all.
- G** But I need to lose 3 kg to look like these _____ on TV.

- B** Jessica, look at these pictures of them exercising. This is how you stay healthy, not by not eating.
- G** Oh....
- B** Also, if they are _____ and unhealthy, you shouldn't try to be like them.
- G** I guess you're right. I'll eat some more.
- B** Good. Now eat and get some _____.
- G** OK....

C (TR 89)

- W** Today, we'll learn about processed foods.
- B** What are _____ foods?
- W** They are foods that are made to _____ better or last longer, such as chips or _____ noodles.
- B** Are they unhealthy?
- W** Not always. But they can be _____ if you eat too much. They usually have lots of sugar, salt, or fat.
- B** Hmm, I had cereal, eggs, and some orange juice this morning. Is that OK?
- W** Well, let's see. Who can tell me the processed foods Jack had this morning?
- G** Are they _____ and orange juice?
- W** Yes. Very good, Kayla.
- G** Thank you.
- W** As for you, Jack, why don't you try actual oranges _____
_____ orange juice?
- B** OK. I'll try that.

D (TR 90)

M Here, we have two people with completely different _____. Kyle is a vegan, and Emily is a carnivore. Kyle only eats _____ foods, like apples, carrots, rice, tofu, and olive oil. He decided to be a vegan because he _____ about animals and the _____. On the other hand, Emily only eats meat and _____ foods like beef, chicken, fish, ham, and cheese. Emily believes meat is easier to digest than vegetables. However, neither of their diets are perfect. There's almost no vitamin B12 in a vegan diet, and very little _____ C in a carnivorous diet. So, for children, Kyle and Emily both suggest eating a _____ diet.