

Class: _____ Name: _____



Unit 12 Healthy Eating

* Listen and write.

A (TR 87)

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

B (TR 88)

- B** Jessica, is that all you're having for _____?
- G** Yes, Thomas. I'm _____ a diet.
- B** But you said you didn't have breakfast _____.
- G** I know. I _____ have energy to eat right now.

- B** That _____ sound healthy at all.
- G** But I need to _____ 3 kg to look like these celebrities on TV.
- B** Jessica, look at these _____ of them exercising. This is _____ you stay healthy, _____ not eating.
- G** Oh....
- B** Also, if they are skinny and _____, you shouldn't try to be like them.
- G** I _____ you're right. I'll eat some more.
- B** Good. Now eat and get _____ exercise.
- G** OK....

C (TR 89)

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

_____ orange juice?

B OK. I'll try that.

D (TR 90)

M Here, we have two people with _____ different diets: Kyle is a vegan, and Emily is a _____. Kyle only eats plant-based foods, like apples, _____, rice, tofu, and _____ oil. He decided to be a _____ because he cares about animals and the environment. On the other hand, Emily _____ eats meat and animal-based foods like beef, chicken, fish, ham, and cheese. Emily _____ meat is easier to _____ than vegetables. However, _____ of their diets are _____. There's almost no _____ B12 in a vegan diet, and very little vitamin C in a carnivorous diet. So, for _____, Kyle and Emily both _____ eating a well-balanced diet.