|  |  |  |
| --- | --- | --- |
| **Unit 13 This is Good for You** | | |
| Date: | Name: | Excellent / Good / Poor |

|  |
| --- |
| **Listening Practice 2** (p.57) |

**Listen to the dialog and fill in the blanks.** (*CD2 Track 3*)

1. I usually have some \_\_\_\_\_\_\_, a boiled egg, and milk in the \_\_\_\_\_\_\_.

2. I usually have \_\_\_\_\_\_\_ or \_\_\_\_\_\_\_ as a snack in the \_\_\_\_\_\_\_.

3. \_\_\_\_\_\_\_ \_\_\_\_\_\_\_ like potato chips, hamburgers, and pizzas are not good for

your \_\_\_\_\_\_\_.

4. You should \_\_\_\_\_\_\_ at least five pieces of fruit or \_\_\_\_\_\_\_\_ every day.

|  |
| --- |
| **Listening Practice 3** (p.58) |

**Listen to the dialog and fill in the blanks.** (*CD1 Track 4*)

1. I usually have \_\_\_\_\_\_\_ with vegetables for \_\_\_\_\_\_\_.

2. I had pumpkin \_\_\_\_\_\_\_ with \_\_\_\_\_\_\_ for breakfast this morning.

3. I had a \_\_\_\_\_\_\_ and an apple for \_\_\_\_\_\_\_ today.

4. I had two hamburgers, a \_\_\_\_\_\_\_ and a \_\_\_\_\_\_\_ for lunch today.

|  |
| --- |
| **Listening Practice 4** (p.58) |

**Listen to the dialog and fill in the blanks.** (*CD1 Track 5*)

Mom: Look at you John! You have \_\_\_\_\_\_ more \_\_\_\_\_\_ because you eat too much

\_\_\_\_\_\_\_ food!

John: Well, I just ate whatever was in the fridge.

Mom: Have you checked the cupboard? There’s lots of \_\_\_\_\_\_\_ food that is \_\_\_\_\_\_

for your health!

John: What is grain food?

Mom: \_\_\_\_\_, rice, and bread are grain food, John. And if you look inside the fridge

shelf, there are lots of \_\_\_\_\_\_\_ foods like vegetables and \_\_\_\_\_\_\_.

John: Well, they are not \_\_\_\_\_\_. I want tasty foods like ice-cream, candies, \_\_\_\_\_\_

and pizza.

Mom: They are unhealthy!