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

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

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

1. I usually have some bread, a boiled egg, and milk in the morning.

2. I usually have fruit or yogurt as a snack in the afternoon.

3. Fast foods like potato chips, hamburgers, and pizzas are not good for

your health.

4. You should eat at least five pieces of fruit or vegetables every day.

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

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

1. I usually have rice with vegetables for breakfast.

2. I had pumpkin soup with bread for breakfast this morning.

3. I had a sandwich and an apple for lunch today.

4. I had two hamburgers, a cupcake and a milkshake for lunch today.

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

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

Mom: Look at you John! You have gained more weight because you eat too much

unhealthy food!

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

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

for your health!

John: What is grain food?

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

shelf, there are lots of healthy foods like vegetables and fruits.

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

and pizza.

Mom: They are unhealthy!