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| **Unit 11 Food for Our Body** | | |
| Date: | Name: | Excellent / Good / Poor |

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| **Listening Practice 2** (p.45) |

**Listen to the dialog and fill in the blanks.** (*CD1 Track 43*)

1. Kelly eats bacon and chicken every day. She should eat less meat.

2. Mike eats chocolate bars every day. He should eat less junk food.

3. Josh loves eating vegetables and fruits. He should eat more grain, meat and

dairy products.

4. David drinks milk only once a week. He should try to drink more dairy products.

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| **Listening Practice 3** (p.46) |

**Listen to the dialog and fill in the blanks.** (*CD1 Track 44*)

On Monday, Kelly ate potatoes, fish and pumpkin soup. On Tuesday, she ate beef with rice, tomatoes and a pear. On Wednesday, she ate chicken pasta, some corn and mushroom salad. On Thursday, she ate fried chicken, a cup of milk, and bananas. On Friday, she had a bacon sandwich, potato chips and steak.

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| **Listening Practice 4** (p.46) |

**Listen to the dialog and fill in the blanks.** (*CD1 Track 45*)

Jake: Are you eating chocolate cake again, Matthew?

Matthew: It is delicious! Do you want some?

Jake: Matthew! You should stop eating cake for today. You had three pieces

already. It’s not good for your body.

Matthew: You’re right. I should stop eating chocolate and move on to nuts.

Do you want some peanuts?

Jake: No thanks! I’ll just have my apple. You should try to eat fruits for

a snack. It’s better for your body.