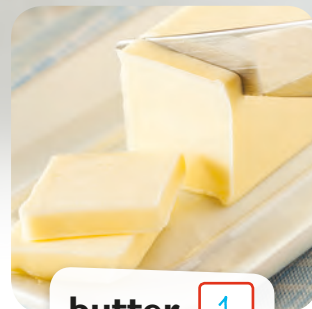


How do people stay healthy?

 **A** Listen to the food scientist. Which foods have protein?

carbohydrates ☐beans ☐grains ☐butter ☒sugar ☐fat ☐nuts ☐



B Listen, say, and number the pictures in **A**.

C Read and choose the correct answer.

- 1 Your body gets **carbohydrates** / **protein** from meat, fish, and eggs.
- 2 You should eat fruit and vegetables **once a week** / **every day**.
- 3 Bread and pasta are made from **grains** / **meat**.
- 4 **Dairy** / **Sugar** helps to make your bones strong.
- 5 You should have **a little bit of** / **no** fat every day.
- 6 **Cookies** / **Strawberries** are something sweet and healthy.

D Now listen to Min-jun and Francesca. How are their lunches the same?



Min-jun, South Korea



Francesca, Italy

E Listen again. Check (✓) what they eat.

Who eats ...	Min-jun	Francesca
1 soup?	<input checked="" type="checkbox"/>	<input type="checkbox"/>
2 rice?	<input type="checkbox"/>	<input type="checkbox"/>
3 vegetables?	<input type="checkbox"/>	<input type="checkbox"/>
4 meat or fish?	<input type="checkbox"/>	<input type="checkbox"/>
5 pasta?	<input type="checkbox"/>	<input type="checkbox"/>
6 fruit?	<input type="checkbox"/>	<input type="checkbox"/>

What's your favorite meal?
What can people do to eat healthier meals?