

Narrator:  **Track 4 Listening Part 2**
Worksheet 1

You will hear a girl called Lydia giving a talk about a project she has been involved in on healthy eating. For questions 1–10, complete the sentences with a word or short phrase. You now have 45 seconds to look at the questions.

Lydia: Hi, I'm Lydia and I'm going to tell you about a project I'm involved in about how to have a healthy diet, as part of our health and fitness campaign at school. This is what's otherwise known as maintaining a balanced diet. It's crucial to eat properly in order to decrease the risk of suffering from disease later in life.

You could say that our body is a machine and that the food we eat is its fuel. Without it – or without the right kinds of it – we'd find it difficult to study or move around without becoming weak and exhausted.

So, what does healthy eating really mean? Everyone's aware that there are certain foods we ought to avoid and others we should eat plenty of. It isn't a

case of simply avoiding particular food groups altogether, though. Not all fats are bad for us, for example, and living solely on say, fruit and vegetables, could mean cutting out vital nutrients. What should we be eating, then? Have you seen what I call the food pyramid? It's basically a diagram in the shape of a triangle, with a wide base and a pointed top, and it gives you an idea of what you should eat and in what quantities. It's divided into four layers, with the foods you need most of in the bottom layer, such as potatoes and bread, and those you should have a minimal amount of in the top layer – like oil and sweets. The food triangle's a good place to start if you aren't sure what to cut down or eat more of.

In the middle of the triangle are fruit and vegetables. You've no doubt heard that we should eat five portions of these every day. There are good reasons for eating these – from providing us with much-needed fibre, to protecting us against health problems, like high blood pressure. You can have them as juice, or create soups, if you don't enjoy eating them whole. I've got some recipes I can give you afterwards if anyone wants them. They're delicious. The different vitamins found in fruit and vegetables also have important functions. For example, vitamin A helps us maintain healthy eyesight, and is found in orange vegetables like carrots. Vitamin D, on the other hand, strengthens our bones – it's also produced in our bodies with the help of sunlight, so not only should you try to include it in your diet but get outside often, too.

Now I'm going to talk to you a little about food myths! There are some snacks which we've been told to believe are pretty unhealthy for us. I'm not going to say a packet of crisps is OK – they're fried and covered in salt. But chocolate, you'll be relieved to find out, is not the worst thing you can eat – though large amounts should be avoided, of course. Certain types are actually OK for us – the dark variety contains iron, in fact, which our bodies need for healthy blood.

There's another myth that chewing certain raw salad items, such as celery, consumes more energy than it gives you. People eat lots of it, thinking they're going to lose weight, but I'm sorry to say that this so-called 'fact' simply isn't true!

Turning to drinks, now ... It's important not to fill up on fizzy drinks which contain a ton of sugar. And though we tend to think it's really good for us, juice has a lot of sugar, too, so we shouldn't have more than one glass a day. On the other hand, we think we ought to avoid coffee. However, it contains important chemicals which can help us digest our food, by taking what our bodies need from it.

Finally, you hear people saying 'It doesn't matter what I eat as long as I do plenty of exercise'. Well, of course, running or playing sports is great for you – but you shouldn't rely on them as the main way you keep healthy. It's good, fresh food which feeds our brains and bodies.

Narrator: Now listen again.