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| **PART 1** | **Listening (10 questions)** |

**Listen and** **complete the table. Write ONE WORD or A NUMBER in each blank. (5 questions)**

PERCENTAGE OF A MEAL   
Vegetables & fruits (1)\_\_\_\_\_\_\_\_\_\_\_%   
Protein foods (2)\_\_\_\_\_\_\_\_\_\_\_%   
Whole grain foods (3)\_\_\_\_\_\_\_\_\_\_\_%   
   
BENEFITS   
Provide (4)\_\_\_\_\_\_\_\_\_\_\_, minerals and fibre   
Build your (5)\_\_\_\_\_\_\_\_\_\_\_, muscles and skins

**Listen and** **decide whether each of the following statements is TRUE or FALSE. (5 questions)**

| **Answers** | **True** | **False** |
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| 6. With a healthy diet, your risk of heart attacks is lower. | **◯** | **◯** |
| 7. Eggs belong to the protein food group. | **◯** | **◯** |
| 8. The speaker suggests eating as much meat as possible. | **◯** | **◯** |
| 9. Rice is an example of a whole grain food. | **◯** | **◯** |
| 10. You should only eat a few kinds of foods. | **◯** | **◯** |

**---THE END---**