

Listening 7

Transkrypcja ćwiczeń w rozumieniu ze słuchu.

1. I eat breakfast every morning. I usually have oatmeal and fruit. It gives me energy for the day. I don't skip breakfast.

Prawidłowa odpowiedź: I eat breakfast every day.

2. My sister drinks a lot of water. She says it is good for her health. She doesn't like sugary drinks.

Prawidłowa odpowiedź: She drinks a lot of water.

3. We try to eat vegetables with every meal. They are full of vitamins. My favourite vegetables are carrots and broccoli.

Prawidłowa odpowiedź: I often eat vegetables with meals.

4. Tom loves fast food, but he knows it is not very healthy. He tries to eat it only once a week.

Prawidłowa odpowiedź: Tom eats fast food sometimes.

5. I like cooking at home. I use fresh ingredients and little salt. Homemade food is usually healthier.

Prawidłowa odpowiedź: I cook healthy food at home.

6. For lunch I often have chicken, rice and salad. It is a balanced meal and it makes me feel full.

Prawidłowa odpowiedź: I eat a balanced lunch.

7. My parents encourage me to eat less sugar. Too much sugar can be bad for teeth and health.

Prawidłowa odpowiedź: Too much sugar is not good for health.

8. Anna is a vegetarian. She doesn't eat meat, but she eats a lot of beans, nuts and vegetables.

Prawidłowa odpowiedź: Anna is a vegetarian and eats plant foods.

9. I try to avoid junk food. Instead, I choose fruit or yogurt for a snack. It is a healthier option.

Prawidłowa odpowiedź: I prefer healthy snacks like fruit or yogurt.

10. We learn about nutrition at school. Our teacher explains how food affects our body and energy levels.

Prawidłowa odpowiedź: We learn how nutrition influences our body.

11. My brother loves drinking milk. It helps him get calcium for strong bones and teeth.

Prawidłowa odpowiedź: Milk helps build strong bones and teeth.

12. In the evening I eat a light dinner, usually soup or salad. Heavy meals make me feel tired at night.

Prawidłowa odpowiedź: I prefer a light dinner in the evening.

13. We read food labels when we go shopping. It helps us choose products with less sugar and fat.

Prawidłowa odpowiedź: We read labels to choose healthier food.

14. Having meals at fixed times is very helpful. It allows me to keep a steady level of energy all day long. I make sure I don't miss any of my meals.

Prawidłowa odpowiedź: Eating at regular times helps me keep constant energy.

15. Fresh fruit is my favourite dessert. It is sweet, natural and full of vitamins. I eat it instead of cake.

Prawidłowa odpowiedź: Fruit is my favourite healthy dessert.

Sprawdź, czy znasz wszystkie słowa:

oatmeal	płatki owsiane
skip	pomijać
broccoli	brokuły
health	zdrowie
healthy	zdrowy
ingredients	składniki
homemade	domowej roboty
balanced	wyważony

sweets	słodczyce
encourage	zachęcać
nutrition	odżywianie
explain	tłumaczyć
influence	wpływ, wpływać
effect	wpływ, skutek
calcium	wapń
bone	kość
heavy	ciężki
light	lekki
label	etykieta
randomly	losowo
allow	zezwałać
junk food	niezdrowa żywność
fixed	ustalony
steady	stały, pewny
constant	ciągły
dessert	deser
level	poziom
vitamin	witamina