

You will hear a short talk about balanced diets. After listening, answer the five multiple-choice questions that follow. Choose the best answer A, B, C, or D for each question.

1. What does eating a balanced diet mean?

- A) Eating only whole grain foods
- B) Consuming only lean proteins
- C) Eating only fruits and vegetables
- D) Consuming foods from all groups

2. Which **food** group provides **energy** and supports **digestive** health?

- A) Fruits
- B) Lean proteins
- C) Whole grains
- D) Vegetables

3. What is the main benefit of eating fruits and vegetables?

- A) They build muscles
- B) They provide energy
- C) They boost immunity
- D) They aid digestion

4. What can help you find nutritious recipes that are easy to prepare?

- A) Fast food menu
- B) TV shows
- C) Cookbook
- D) Restaurant guide

5. What is an example of a healthy homemade meal?

- A) Cheeseburger
- B) Salad with vegetables
- C) Fried chicken
- D) Pizza with extra cheese

**Part 2:** You will hear a woman talking to a shop assistant about buying a video film for her daughter.

Listen and complete questions 6-10.

You will hear the conversation twice.

*VIDEO*

Actor in film: Brad Smith

Name of film: 16 Blue \_\_\_\_\_

For people: 17 \_\_\_\_\_ years old or more.

Cost: 18

Video shop in: 19 \_\_\_\_\_ Street

Opposite: 20 \_\_\_\_\_