

**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:	<b>16</b> Blue_____
For people:	<b>17</b> _____years old or more.
Cost:	<b>18</b> _____
Video shop in:	<b>19</b> _____Street
Opposite:	<b>20</b> _____