



Something to chew on

Food for thought



Arrange the items below into two groups:

skim milk = desnatado

poison = veneno
poisonous = venenoso

Healthy
whole milk
eggs
low-fat-yogurt

sugar
chocolate
salt
coffee

Unhealthy
cereal bars
fruit juice

A lot of things considered unhealthy in the past are now considered healthy and vice versa. Why does that happen?

Some people eat all kinds of "unhealthy" food and are in better health than people who have a healthy diet. How is that possible?

How can we know what is good or bad for us?

Listen to a dialog between Mike and Lisa and mark the alternative that best summarizes it.

Mike criticizes Lisa for eating a granola bar. (✓)

Lisa has learned that granola bars are not healthy and stops Mike from eating one. ()

Mike is worried about healthy food and asks Lisa for advice. ()

By using what you heard and your previous knowledge about Mike and Lisa, write T (true) or F (false).

() Lisa is interested in healthy foods because she wants to lose weight.

() Lisa has a new interest, but she won't change her eating habits.

() Mike has better eating habits than Lisa.

Now listen to the dialog and find out if your guesses were correct.

