

# Listening Exercise: Eating Healthy

## Vocabulary:

1. Jennifer tries to eat a **healthy** lunch every day, with fruits and vegetables instead of chips and soda.

- a. expensive
- b. good for the body
- c. quick to prepare

2. Learning about **nutrition** helped Carl understand why eating too much sugar can be harmful.

- a. food and how it affects the body
- b. cooking styles from different countries
- c. a schedule for when to eat meals

3. When Madison went to college, she lived in **dorm** with three other students.

- a. a small classroom
- b. a type of school bus
- c. a building where students live

4. The pizza was so **greasy** that oil dripped off every slice.

- a. covered in sauce
- b. full of oil or fat
- c. very spicy

5. My favorite **dish** is spaghetti with tomato sauce and meatballs.

- a. a person who serves food
- b. a food prepared in a specific way
- c. the plate you eat on

6. It's hard to change bad eating **habits**, like skipping breakfast or eating late at night.

- a. foods from your culture
- b. behaviors you do regularly
- c. meals eaten outside the home

7. I love Indian food because it's always very **spicy**...my mouth burns after just a few bites!

- a. sweet and soft
- b. cold and raw
- c. hot and full of strong flavor

8. The soup contains just a few simple **ingredients**: carrots, onions, and water.

- a. foods used to make something
- b. tools for cooking
- c. rules for how to cook something

9. A **nutritionist** helped Caitlin create a meal plan that gave her more energy and helped her lose weight.

- a. someone who studies food and health
- b. a person who cleans kitchens
- c. a chef at a fancy restaurant



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10. You should eat smaller **portions** if you're trying to lose weight—just half a plate is enough.  
a. types of vegetables      b. times of the day      c. amounts of food served

## Listening:

The audio can be found at: [ESLFrog.com/eating-healthy/](http://ESLFrog.com/eating-healthy/)

1. Why doesn't the student cook in college?  
a) He is too busy      b) He doesn't like cooking  
c) He only eats fast food      d) He doesn't have a kitchen
2. What does the student say about the cafeteria food?  
a) It's very unhealthy      b) It's expensive  
c) It's okay and affordable      d) It's not available
3. What type of food would the student like to see more of?  
a) Fast food      b) Traditional American food  
c) International food      d) Desserts
4. Why does Professor Harris cook at home?  
a) Her husband doesn't like cooking      b) She wants her kids to eat healthy  
c) Her kids are picky eaters      d) She owns a restaurant
5. How do her kids eat vegetables more easily?  
a) In vegetable soup      b) In smoothies  
c) When they are raw      d) With ketchup
6. Why doesn't the professor's family eat out often?  
a) They live far from restaurants      b) The kids prefer home food  
c) The parents are always working      d) It's expensive and the kids are loud
7. What did the restaurant owner learn in a nutrition course?  
a) People should avoid fat      b) People should eat less meat  
c) Restaurants should use organic food      d) Smaller portions can help people eat better
8. What change did the restaurant make?  
a) Offered more vegetarian meals      b) Reduced portion sizes  
c) Added new drinks      d) Opened a salad bar
9. When is the restaurant busiest?  
a) Monday mornings      b) Friday afternoons  
c) Sunday brunch      d) Wednesday evenings
10. Who comes to the restaurant on school nights?  
a) Kids and their parents      b) College students and couples  
c) Tourists and seniors      d) Only professors