

Healthy Lifestyle- Listening

You are going to listen to a girl talking about *THE WORST TEN FOODS* in the world.

1. **Before you listen:** In your opinion, which is the worst food for teenagers?(Think about calories, fat, etc)
2. **While you listen to it,** try to complete this grid / chart:

	Trans Fat	Caffeine	Nitrates	It can cause cancer	Corn syrup	Many nutrients	High level of fat	High in calories	High in sodium	Preservatives
10.Fried catfish										
9.Canned soups										
8.Bacon										
7.Fast food burger										
6.Baked goods/ Packaged treats										
5Classic Potato chips(crisps)										
4.Hot dogs / Lunch meat										
3.French fries (chips)										
2.Doughnuts										
1.Soda- Soft drinks										

3. **After you listen:** now, watch the video again and answer these questions:

- What does the commercial say about canned soups? Is that true?
- What is the recommended amount of sodium per day?

- *How many calories a day does the average person need?*
- *Which alternative does Natalie propose to the commercially baked goods?*
- *Why does Natalie refer to hot dogs as "the mystery meat"?*
- *Natalie talks about "liquid candy" : which of the foods she mentions can be considered as "liquid candy"?*
- *This is what Natalie says at the end: " If youbetter, you willbetter"*

*FOLLOW-UP ACTIVITIES: using the imperative form, **prepare**, in groups of three, 5 rules relating students' diet, like " No comas alimentos con muchas calorías a diario" or something like that.*