



A.

What can you see in the photo above?

B.

Read the article aloud. Your tutor will correct your pronunciation.

Eating Healthy
One of the best ways to stay healthy is to eat healthy. To eat healthy, you must always have fruits and vegetables. Red, orange and dark green vegetables like broccoli, are best for your meals. It would be better if you would have more whole grains. Eat more whole-wheat bread or brown rice. Next, have a variety of protein-rich food. Seafood, chicken, dry beans, eggs, and peas are good examples of food rich in protein. Lastly, drink water instead of sugary drinks. You may just add a slice of lemon or watermelon to you water if you want flavor.

C.

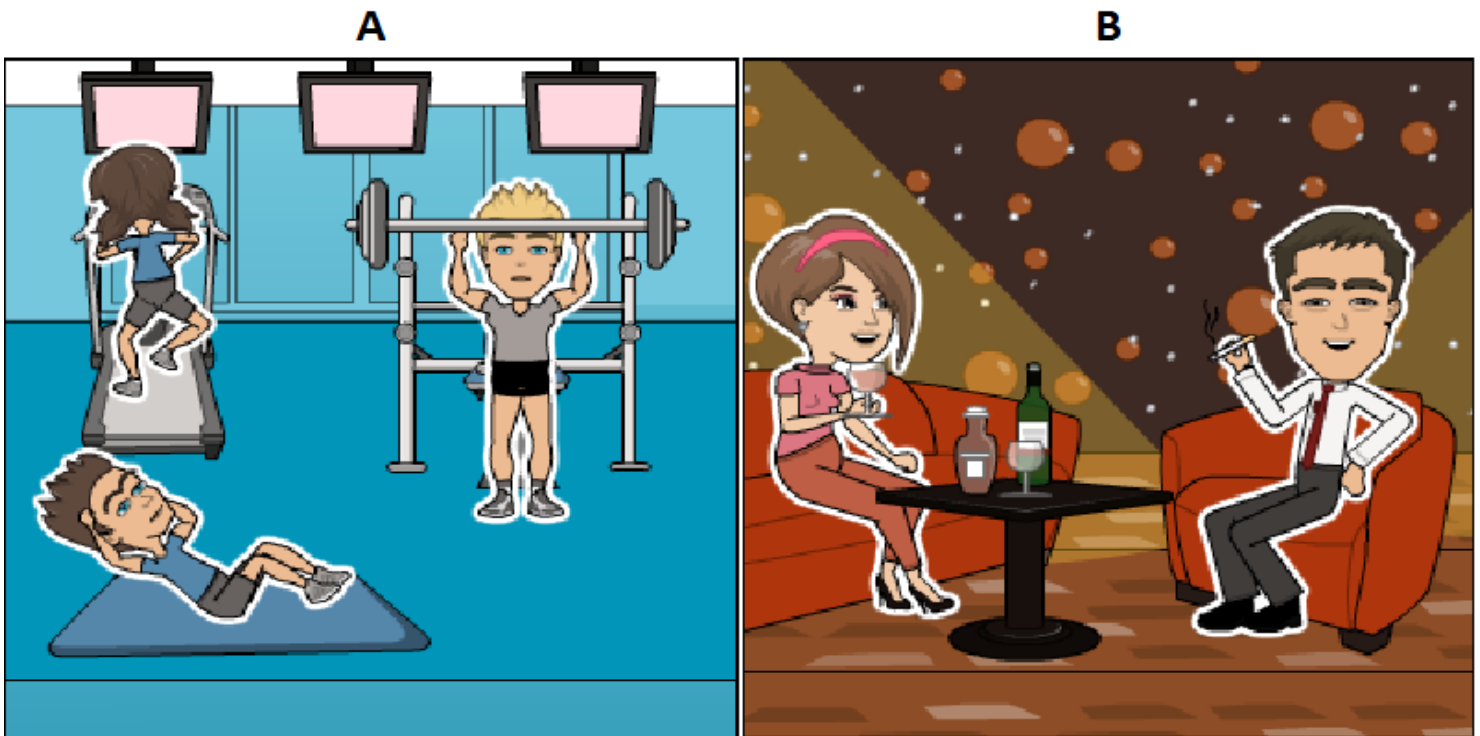
According to the passage, what are examples of protein-rich food?

D. _____

Please look at the people in Picture A. They are doing different things. Tell me as much as you can about what they are doing.

E. _____

Now, look at Picture B. Please describe the situation.



F.

Your tutor will give you a question.

Answer that question using either one of the following expressions.

Expression
I agree. ...
I disagree. ...

Question
Eating healthy is difficult.

G.

Your tutor will give you a question.

Answer that based on your own opinion.

Question
Do you always get to eat all the food you like? Yes. → Please tell me more. No. → Why not?