

Warm-up:

a) How do you feel when you haven't had any breakfast?

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b) How often do you eat fruit and vegetables?

.....

1. Write T (true) or F (false) next to the statement. If it is false, write the correct statement.

a) In their teen years, people start making their first decisions on what to eat

b) Teenage boys need 2600 calories in one day.

c) Girls need more calories than boys.

d) Calcium and iron are important nutrients both for boys and girls.

e) Teenage boys and girls should eat legumes to gain lean body mass.

f) There isn't any iron in legumes.

g) If teens want to keep fit, they should skip their breakfast.