

Practice Test 2

SECTION 4 Questions 33-41

Questions 33-35

Circle the correct answer

According to the first speaker:

33 The focus of the lecture series is on

- A organising work and study.
B maintaining a healthy lifestyle.

- C coping with homesickness.
D settling in at university.

34 The lecture will be given by

- A the president of the Union.
B the campus doctor.

- C a sports celebrity.
D a health expert.

According to the second speaker:

35 This week's lecture is on

- A campus food.
B dieting.

- C sensible eating.
D saving money.

Questions 36-39

Complete the notes. Write **NO MORE THAN THREE WORDS** for each answer.

A balanced diet

A balanced diet will give you enough vitamins for normal daily living.

Vitamins in food can be lost through **(36)**

Types of vitamins:

(a) Fat soluble vitamins are stored by the body.

(b) Water soluble vitamins - not stored, so you need

a **(37)**

Getting enough vitamins

Eat **(38)** of foods.

Buy plenty of vegetables and store them in

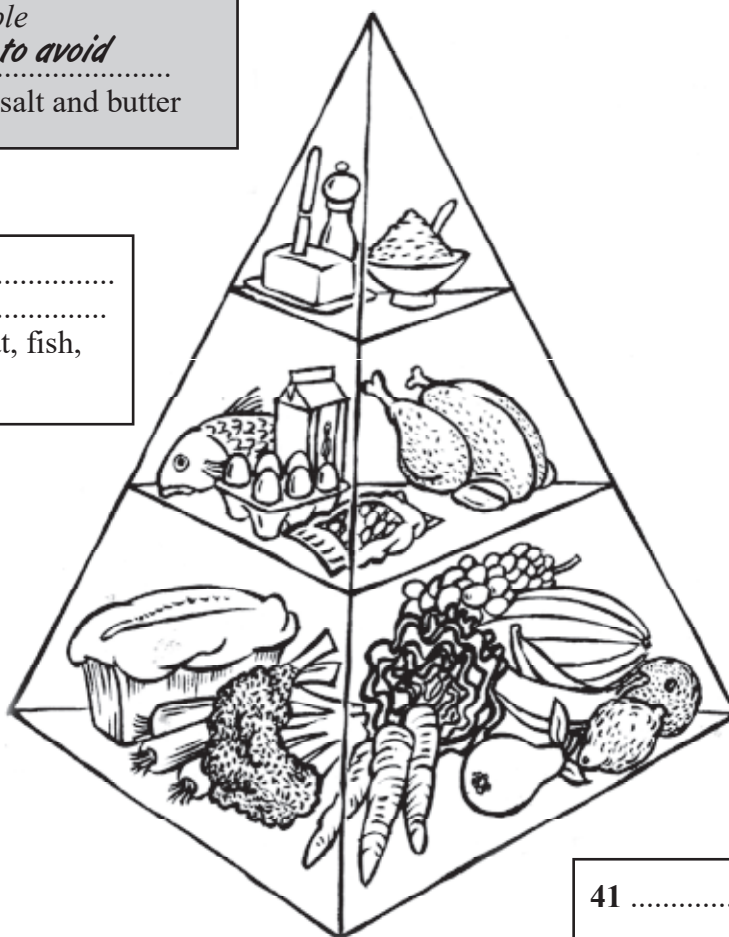
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Questions 40-41

Complete the diagram by writing **NO MORE THAN THREE WORDS** in the boxes provided.

Example
Try to avoid
.....
sugar, salt and butter

40
.....
milk, lean meat, fish,
nuts, eggs



41
.....
bread, vegetables and
fruit