

Name:

Date:

## Healthy Homemade Food

Listen to and read the following:

There has been a lot of reports going around lately stressing the importance of healthy eating. The Melton's have taken this serious matter on board and are trying to change their life style and eat healthy meals every day. The problem they have is that they both have full time jobs and find it difficult to cook from scratch every evening. They also have three young children who needed a lot of care. For months, Mrs Melton has been trying to find a solution for this very serious matter as ordering food is not doing anyone any good especially when she has noticed that Mr Melton has put on a lot of weight. A friend of hers at work recommended "Jamie's 30- Minutes Meals" cook book, which she has been using regularly for nearly a year and raves about it. So this weekend she has decided to buy all the ingredients she needs for a week ahead, to try out the recipes every evening. Mr and Mrs Melton are feeling optimistic about eating healthy homemade meals and feel very excited about it.



### Circle T (True) or F (False).

- |   |  |   |   |
|---|--|---|---|
| 1 | Healthy eating is very important.            | T | F |
| 2 | Both husband and wife work.                  | T | F |
| 3 | Mrs Melton has always cooked dinner.         | T | F |
| 4 | They have three children.                    | T | F |
| 5 | Mr Melton is slim.                           | T | F |
| 6 | Mrs Melton's sister recommended a cook book. | T | F |
| 7 | The Melton's shop at the weekends.           | T | F |
| 8 | From now on Mrs Melton is cooking dinner.    | T | F |
| 9 | They are looking forward to dinner time.     | T | F |

