

Aim High 5 Listening Test 5

[3.15] Listen to a radio programme about superfoods.

1 Tick the five foods that are mentioned.

olive oil ____
beef ____
wholemeal bread ____
rice ____
broccoli ____
salmon ____
cheese ____
tea ____
coffee ____

2 Choose the correct answers.

- 1 People who have a Mediterranean diet ...
 - a) are often overweight.
 - b) eat too much olive oil.
 - c) don't have as many heart attacks.
- 2 Wholemeal bread ...
 - a) can cause high blood pressure.
 - b) can relieve high blood pressure.
 - c) is good for your intestines.
- 3 Broccoli ...
 - a) can cure some cancers.
 - b) might prevent you getting heart disease.
 - c) isn't as good for you as other green vegetables.
- 4 Salmon ...
 - a) can keep your brain healthy.
 - b) is good for people with amnesia.
 - c) contains a lot of oil.
- 5 Apples ...
 - a) shouldn't be eaten by people who have diabetes.
 - b) can cure diabetes.
 - c) can help people control their diabetes.

3 Answer the questions.

- 1 Which food sometimes contains a lot of salt?
- 2 Which food can relieve stomach cramps?
- 3 Which food can prevent stomach ulcers?

- 4 Which food can lower your blood pressure?
- 5 Which food are the speakers surprised is a superfood?

4 Answer the questions. Use full sentences.

- 1 What is a superfood?
- 2 Why shouldn't you eat too much olive oil?
- 3 Why should some people buy bread made with other kinds of grains?
- 4 What do some experts say that broccoli can do for you?
- 5 Why are apples good for people with diabetes?