

1

- A: My great grandfather is 90 years old.
 B: That's great! **What's his** secret?
 A: Well, **he has a very** healthy diet.
 B: What does he eat?
 A: He **eats lots of** fruit and vegetables and he **doesn't eat** fried food.
 B: Does he take any exercise?
 A: Yes, **he takes some exercise** every day.
 B: What about his mind?
 A: He **keeps his mind** active and he **always thinks** positively.
 B: **Does he enjoy** spending time with other people?
 A: Yes, and that's important too.

2

- A: How many meals do you eat a day?
 B: Three. What do you eat when you're a little hungry?
 A: I usually eat an apple or a carrot.
 B: How much water do you drink?
 A: I drink about two litres a day.
 B: How often do you eat chips?
 A: About twice a month. Do you eat a lot of hamburgers?
 B: No, I never eat hamburgers. I don't like them.
 A: How much sleep do you get a night?
 B: About eight hours.

3

- A: What would you like to eat?
 B: I'd like **some pasta** to start with, please.
 A: Anything else?
 B: Yes, **I'd like a** steak too.
 A: **Would you like** anything with it?
 B: Yes, **can I have some** green beans, please?
 A: Sorry, but **we haven't got any beans** today.
Would you like some chips?
 B: No thanks. **Can I have a** mixed salad?
 A: Yes, of course. **Here you** are!
 B: Thanks.

4

- A: I'm really tired! I need some sugar.
 B: Yes, I know what you mean.
 A: Let's have an ice cream with chocolate sauce.
 B: Are you serious? How many calories are there in an ice cream with chocolate sauce?
 A: Lots. Look, I know diet is important. But you've got to enjoy life as well.
 B: Do you eat a lot of ice cream and cakes?
 A: Only a couple of times a week. What about you?
 B: Not really. I want to live a long and healthy life.