

I. Listen to the health report, and then answer the following questions in complete sentences:

1) What is the statistics of Americans who are overweight?

2) What are the two mistakes that most Americans do in their diet?

3) What is the name of Carry's book?

4) What is Carry's profession?

5) What is the key to snaking?

6) When a person avoids snaking, it can lead him or her to several problems?
(Mention only two)

7) According to Carry, what happens to your body when you snack on chips?
(Mention only two things)

8) Name three items you can have for breakfast which you heard in the report?
(Key words only)
