

A) Unhealthy diets

I. A doctor made the following comments about the diets below. Match the comments with the people.

a There are a lot of carbohydrates in your diet!

b You eat a lot of sugar but not much fruit.

c You hardly eat any meat.



1 Bob

Breakfast:

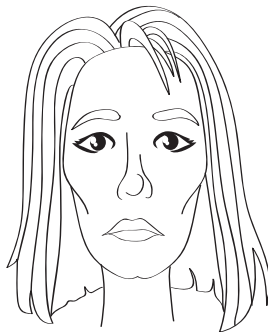
2 cups of tea with sugar
4 slices of toast

Lunch:

1 sandwich
1 glass of soda

Dinner:

1 hamburger with fries
2 chocolate bars
2 cans of soda
2 cups of coffee



2 Dina

Breakfast:

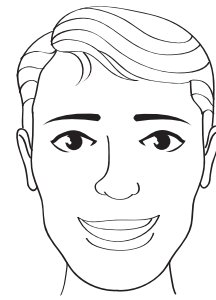
1 peach
some grapes
1 glass of apple juice

half a cup of coffee

1 thin slice of ham

Dinner:

1 piece of fish
some brown rice
12 olives



3 Paul

Breakfast:

1 large cup of coffee with honey
2 slices of toast with honey

Lunch:

Potato salad
A slice of cake

Dinner:

4 slices of toast with margarine
2 small apple pies

II. Write recommendations for each person according to his/her diet.

Example: *Bob should...*