Listening to Healthy Food Trends

B1-PLUS · Listening · WORKSHEET

Name: _____ Date: _____

1. Choose the answer.

Listen to the conversation your teacher reads, then choose the answer. (Script is in the teaching note.)

1. What trend are they talking about?
   Choices: Plant-based meals / Fast food / Home delivery only

   Answer: _____

2. What does Lucía think?
   Choices: It is healthy and good for the planet / It is too expensive / It is boring

   Answer: _____

3. What is Marco’s concern?
   Choices: He doesn’t get enough protein / He doesn’t have a kitchen / He doesn’t like vegetables

   Answer: _____

4. What do they decide?
   Choices: To try a plant-based dish together / To stop eating meat / To close the restaurant

   Answer: _____

2. Complete the notes.

Write one word from the listening.

1. More people are eating ___ meals.

2. Lucía thinks it is good for the ___.

3. Marco is worried about ___.

4. They decide to ___ a new dish.

3. Your opinion.

Write about food trends.

1. Write a trend you have noticed.

3. Your opinion. (continued)

2. Write your opinion and a reason.

3. Write a concern.