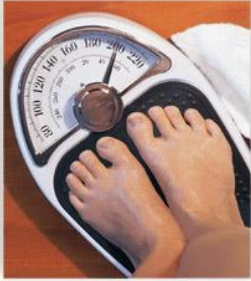


## Food and diet

### Task 1: monologue



You're talking to your English friend Vicky, who is overweight. In about 2 minutes give her advice so that she loses weight and eats more healthily. You have 2 minutes to prepare your ideas.