

# Conversation



Joey is listening to a radio programme about healthy eating.



5

**Alice** : Good morning! This is Alice Chan, and you're now listening to 'Food Talk'! Today, we are happy to have Mr Jayden Chow from Hong Kong Green Group, and Danny Fung, a student ambassador from Lei Pak Primary School, to share their healthy eating tips with us. Mr Chow and Danny, nice to meet you.

**Mr Chow** and **Danny** : Nice to meet you, Alice.

**Alice** : Mr Chow, could you tell us about your eating habits?

**Mr Chow** : Sure. I am a vegetarian and I grow my own food.

10 **Alice** : That's very interesting! What food do you grow?

**Mr Chow** : I grow different types of vegetables, like eggplants, lettuce and cucumbers. Fresh vegetables are tastier and more nutritious.

**Alice** : Wow. It sounds fun but... is farming difficult?

15 **Mr Chow** : Not really. It is hard at first but you will definitely do better when you keep trying. I think farming and cooking are two good ways to learn about food science.

**Alice** : It is so true, and I know that it is exactly how students learn about food in Lei Pak Primary School. Please tell us more, Danny.

20 **Danny** : Our school has a rooftop farm. We cook the vegetables we grow in our cooking class. Many of my classmates didn't like eating vegetables before, but now they do because they learn how to cook them in healthier and tastier ways. Our teachers always remind us to cook them with the right food and **seasonings**.

25 **Alice** : Thanks for your sharing, Danny! I think I need to start eating more vegetables, too!



**A** Choose the best answers by blackening the circles.

1. Where does Alice work?

- A. At Hong Kong Green Group       B. At Lei Pak Primary School  
 C. At a radio station                       D. At a food store

2. What does Mr Chow NOT grow?

 A. B. C. D.

3. Which of the following is TRUE about Mr Chow?

- A. He works on a farm.  
 B. He does not eat meat.  
 C. He thinks vegetables are tasteless.  
 D. He does not care about what he eats.

**Q3**

What is a vegetarian?



4. How do the students in Lei Pak Primary School learn about food science?

- A. Farm in the countryside  
 B. Learn how to prepare food  
 C. Buy their own vegetables  
 D. Do experiments on food

5. Read line 23. The word 'seasonings' means \_\_\_\_\_.

- A. things that are salty                       B. things that have no taste  
 C. things that are sweet                       D. things that make food tastier

**B** Answer the questions in complete sentences.**Q7**

Don't copy the sentence directly.



6. Why does Mr Chow eat fresh vegetables?

It is because fresh vegetables \_\_\_\_\_.

7. What may Alice start doing after meeting Mr Chow and Danny?

\_\_\_\_\_