

UNIT 3

Listening: Lifestyles and Food Choices

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benefits: *noun* a helpful or useful effect that something has

brain: *noun* the part inside the head of a person or an animal that thinks and feels

chemical: *noun* in food, it is something that is part of protein, fat, carbohydrates or nutrients

scientist: *noun* a person who studies natural sciences (for example, physics, chemistry, and biology)

the environment: *noun* the air, water, land, animals, and plants around us

whole grain: *noun* food that contains unprocessed grain; grain that is natural