

Shopping the Perimeter: Video Comprehension

Listen to the video and answer the questions./Escucha el video y contesta las preguntas.

The link to the video- <https://youtu.be/RjwxfBPq3Y>

1. What does healthy mean?/¿Qué significa saludable?
 - A. On sale
 - B. Good for you.
 - C. Easy for you to cook.
2. Where do people spend more time shopping?/¿Dónde pasa la gente más tiempo en el supermercado?
 - A. The inner aisles
 - B. The perimeter/The border of the store
3. Which is NOT found in the perimeter of the store?/¿Cuál NO se encuentra en el perímetro del supermercado?
 - A. Dairy
 - B. Meat
 - C. Produce
 - D. Pre-packaged foods
4. How does she describe the foods around the perimeter?/¿Cómo describe las comidas alrededor del perímetro?
 - A. They cost more.
 - B. They last longer.
 - C. They are more fresh.
 - D. They have more chemicals.
5. Why does she say that preservatives are added to foods?/¿Por qué dice que añaden los conservantes a las comidas?
 - A. To make them last longer.
 - B. To make them taste better.
 - C. To make them less expensive.
6. Refrigeration does NOT help.../La refrigeración no ayuda con...
 - A. heat the food.
 - B. keep the food fresh.
 - C. reduce the bacteria.

7. Produce, meat and dairy along the perimeter of the store have MORE preservatives than the foods on the shelf./Los productos agrícolas, la carne y los lácteos alrededor del perímetro del supermercado tienen más conservantes que los alimentos en el estante.
- A. True
 - B. False
8. Some of the items along the perimeter are unhealthy./Unos de los artículos alrededor del perímetro son poco saludables.
- A. True
 - B. False
9. Which is NOT a benefit of frozen foods:¿Cuál NO es un beneficio de las comidas congeladas?
- A. Maintain nutrients
 - B. Maintain freshness
 - C. Contain preservatives
10. A problem with some frozen items is that they can contain more nutrients./Un problema con unos artículos congelados es que pueden contener más nutrientes.
- A. True
 - B. False
11. Another word she uses for perimeter is.../Otra palabra para el perímetro es...
- A. fringes.
 - B. outside.
 - C. circumference.