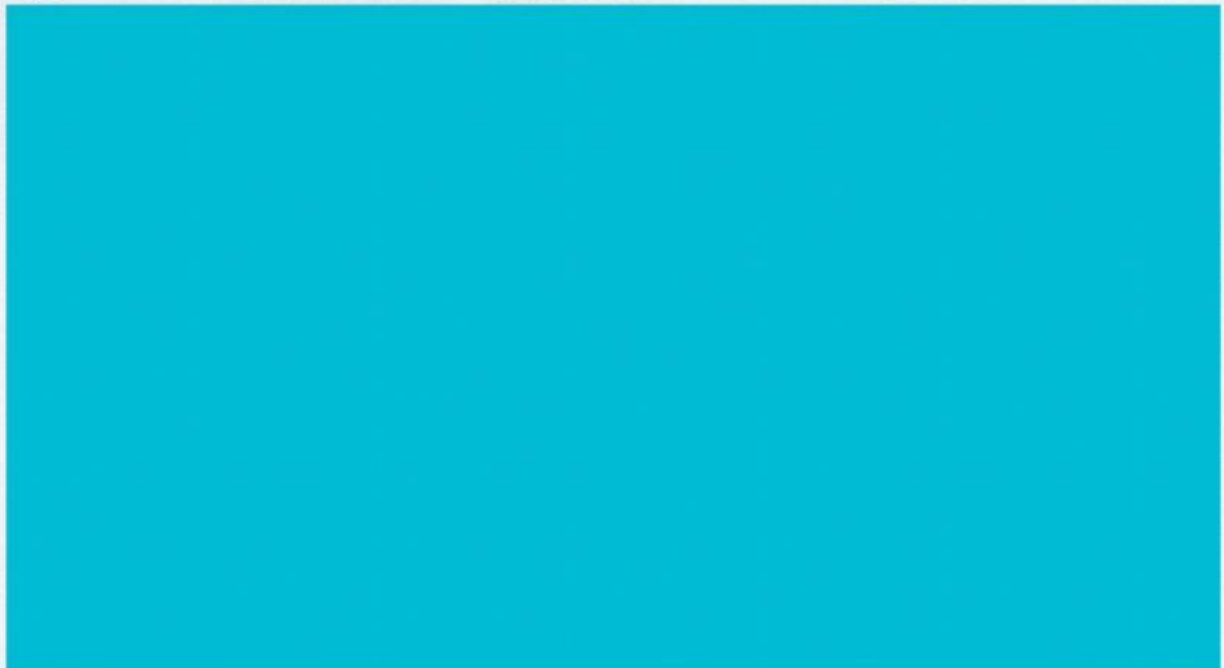
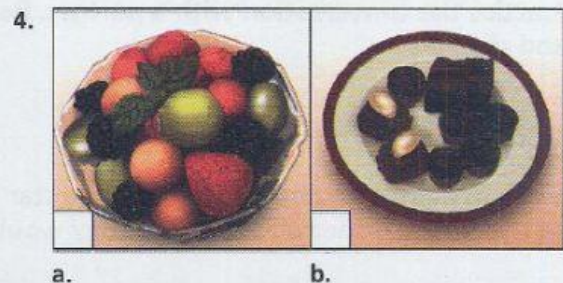
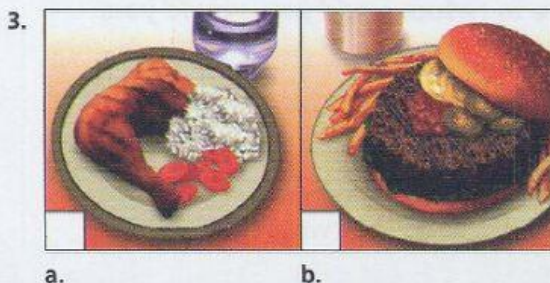
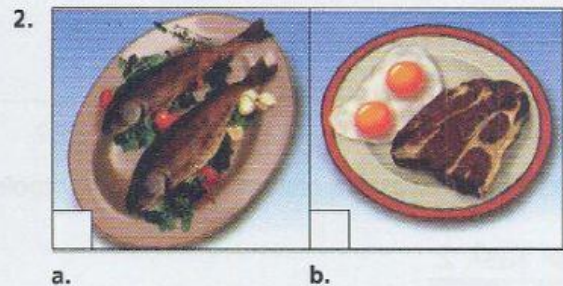
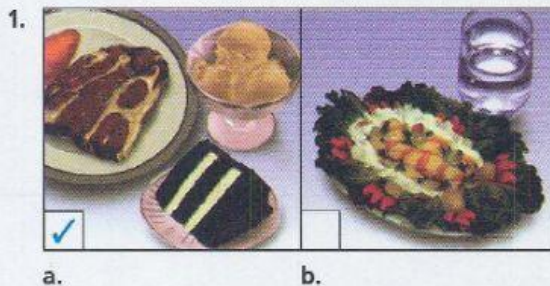


Getting Ready



CD 3-27 Listening 1

People are talking about their eating habits. What does each person eat now? Listen and check (✓) the correct picture.



Listening 2

CD 3-28 ► Task 1

A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and circle the correct answer.



- | | |
|--|---|
| <p>1. a. eat fewer vegetables
 ☒ b. eat less cheese
 c. eat a lot of fat</p> <p>2. a. don't eat fish
 b. eat more vegetables
 c. eat more fruit</p> <p>3. a. eat less meat
 b. eat less fruit
 c. eat more meat</p> | <p>4. a. eat less bread
 b. eat more meat
 c. eat less fruit</p> <p>5. a. eat more cheese
 b. don't drink milk
 c. eat more protein</p> <p>6. a. don't drink milk
 b. don't eat candy
 c. eat more vegetables</p> |
|--|---|

CD 3-28 ► Task 2

Listen again. What is each person's health problem? Write the correct letter.

- | | |
|---|--|
| <p>1. Mr. Grant <u>d</u></p> <p>2. Linda ____</p> <p>3. Chris ____</p> <p>4. Ms. Barton ____</p> <p>5. Mr. O'Brien ____</p> <p>6. Mrs. Johnson ____</p> | <p>a. is losing too much weight.</p> <p>b. has stomachaches.</p> <p>c. needs to lose weight.</p> <p>d. has high cholesterol.</p> <p>e. has been feeling tired and weak.</p> <p>f. has high blood pressure.</p> |
|---|--|

Listening 3

CD 3-29 ► Task 1

A cheesemaker is giving a talk about cheese. Are these statements true or false? Listen and check (✓) the correct answer.



	True	False
1. Cheese was first made over 3,000 years ago.	☒	☐
2. Cheese contains vitamins.	☐	☐
3. Most cheese in the United States is made from goat's milk.	☐	☐
4. Cheese doesn't contain water.	☐	☐
5. The process of making cheese was probably discovered by chance.	☐	☐
6. Pasteurized milk contains bacteria.	☐	☐
7. Carbon dioxide is added to pasteurized milk to make cheese.	☐	☐
8. Curd is a liquid.	☐	☐



CD 3-29 ► Task 2

Listen again. How is cheese made? Number the steps from 1 to 5.

The milk forms a solid substance. ____

Specially cultivated bacteria are added to the milk. ____

The milk is heated to remove all bacteria. 1

The curd is removed and drained. ____

The milk is kept warm so the cultures can grow. ____

Dictation

CD 3-31 ► Task 1

Listen to the conversation. Write the missing words.

A: Hi. I'm Jane, and I'll be your server this evening. What would you like to drink?

B: I'll just have some water, thanks.

A: Okay. And what _____ to eat?

B: Could you tell me what types of vegetables come with the roast chicken?

A: Sure. It comes with _____.

B: Okay. Then I'd like the roast chicken and vegetables, please. And I'd like a piece of apple pie for dessert.

A: Okay, that's roast _____, and a piece of apple pie.