

Homework



B | **Listening for Main Ideas.** Read the questions below. Then listen again and check (✓) the main ideas you hear.

1. What advice does the nurse give for preventing heart disease?

- Get your blood pressure checked.
- Visit your doctor.
- Eat less salt and sugar.
- Drink a lot of water.
- Get enough exercise.
- Read more about heart disease.

2. What does the nurse say are some common causes of heart disease?

- high blood pressure
- smoking
- living alone
- high blood sugar



C | **Listening for Details.** Listen again and choose the correct word or phrase to complete each sentence.

1. According to the nurse, if you have high blood pressure, you need to _____.

- a. do something about it
- b. take medication

2. According to _____, healthy eating habits can keep your weight and your blood pressure down.

- a. medical journals
- b. government reports

3. To deal with stress, the nurse suggests going for a walk or _____.

- a. talking to a friend
- b. taking a yoga class