

Read / listen to the dialogue and choose the correct variant:

— People nowadays think more about their health than they used to do. And there is much talk about healthy ways of life. But what does a healthy way of life mean?

— In my opinion it is the right way of looking after your health. And the first thing here is your eating habits.

— You mean we should have regular meals or shouldn't eat unhealthy food?

— I do. Such things influence our health a lot. And overeating does the same. If we eat a lot or, which is worse, overeat, we become obese and that leads to serious health problems.

— That's true but many people like drinking coca-cola and coffee, they enjoy pizzas and hamburgers. They say such things are tasty.

— What is tasty is not always healthy. Young people are fond of fast food but it makes you put on weight. I admit though that eating habits are changing now.

— They certainly are. There are many programmes on TV where doctors explain to us what food can be dangerous and what we should do to improve our fitness.

— Oh, yes. But some advice is difficult to follow. You simply don't have enough time to swim in the pool or go to the gym. Buying good and healthy food such as fresh fruit and vegetables can be fairly expensive.

— I agree but at least you can do morning exercises regularly, spend some time in the open air, cut out snacks and desserts, especially such as cakes and ice cream and keep to a diet if that is necessary.

— But dieting may be dangerous. Some people refuse to eat meat, bread or butter. In my view, living only on fruit and vegetables is also harmful to our health. I'd rather try to keep fit by doing some sport exercise, having regular meals and sleeping enough.

— Excellent decision. It is quite necessary to look after your health.

**1) These days people ... .**

- a) think more about the way of their lives than they did several years ago
- b) have stopped thinking about their ways of living
- c) talk more about healthy ways of life than they used to

**2) The speakers agree that ... .**

- a) a healthy way of life is eating a lot
- b) eating habits influence people's health
- c) these days people eat less than they used to

**3) Nowadays people ... .**

- a) have the same eating habits as twenty years ago
- b) choose those eating habits that doctors advise to have
- c) begin to have different eating habits

**4) On television there are many programmes devoted to ... .**

- a) dangerous eating habits
- b) different ways to keep fit
- c) different medical problems

**5) The speakers say that ... .**

- a) doctors' advice should be followed
- b) going to a gym can be very expensive
- c) sometimes it's not easy to follow doctors' advice

**6) The speakers are sure that people ... nowadays.**

- a) can take care of their health
- b) can't take care of their health
- c) don't have time to take care of their health

**7) The speakers agree that... .**

- a) dieting is very useful
- b) being a vegetarian is very healthy
- c) one should take care of one's health