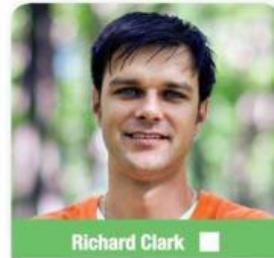


## Listening:

- A** ▶ 3:35 **LISTEN FOR MAIN IDEAS** Listen to people talk about their fitness and eating habits. Check the box next to the name if the person exercises regularly.



- B** ▶ 3:36 **LISTEN FOR DETAILS** Now listen again and check each person's habits.

	Mark	Rika	Richard
1 goes to a gym	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
2 takes exercise classes	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
3 exercises outside	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
4 avoids grains	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
5 avoids desserts	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
6 avoids fatty foods	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
7 eats smaller portions	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
8 eats a lot of seafood	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
9 eats slowly	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

- A** ▶ 3:39 Listen to the conversations. Check the statements that are true.

- |                                                           |                                                               |
|-----------------------------------------------------------|---------------------------------------------------------------|
| 1 <input type="checkbox"/> He doesn't exercise regularly. | 3 <input type="checkbox"/> He exercises regularly.            |
| <input type="checkbox"/> He avoids junk food.             | <input type="checkbox"/> He has to be careful about calories. |
| <input type="checkbox"/> He never watches TV.             | <input type="checkbox"/> He can eat everything he wants.      |
| 2 <input type="checkbox"/> She's in great shape.          | 4 <input type="checkbox"/> Dave Heeley can't use his legs.    |
| <input type="checkbox"/> She hardly ever goes swimming.   | <input type="checkbox"/> Dave Heeley can't see.               |
| <input type="checkbox"/> She exercises regularly.         | <input type="checkbox"/> Dave Heeley doesn't need help.       |