

PREPARATORY STUDIES CENTRE

General Foundation Program – Level 3

Learning Outcome(s)	1,2, 3, 5, 6, 7, 9
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Name		Group:	Date:
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Listening Practice Material

UNIT 1 Lesson A: Living a Long Healthy Life

Track 1.4 on page 6

Task A: Complete the table below. You will hear the conversation twice.

Write **NO MORE THAN TWO WORDS AND/OR A NUMBER** for each answer.

Name of the speaker	1. Tara Sorenson
Speaker's job	2. _____ nurse
Responsibility	To keep the community 3. _____
Subject of tonight's talk	4. _____ and how to prevent it

Task B: Listen to the rest of the talk and answer questions. You will hear the conversation twice.

Do the following statements agree with the information given in the recording? Write

TRUE (T) if the statement agrees with the information
FALSE (F) if the statement contradicts the information

5. High blood pressure can lead to a healthier life. _____
6. Losing weight can help reduce blood pressure. _____
7. You need a special diet to keep your blood pressure down. _____
8. Eating habits means how a person eats most of the time. _____

Task C: Write no more than **TWO WORDS** for each answer.

9. What should we eat less of to prevent heart disease? _____ and _____
10. What are examples of healthy protein foods? _____ and _____
11. How much red meat can be eaten to be safe from heart diseases? _____

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Task D: Complete the notes below.

Write NO MORE THAN TWO WORDS AND/OR A NUMBER for each answer.

Preventing Heart Diseases
OTHER COMMON CAUSES OF HEART DISEASES High 12. _____ is another cause of heart disease. Another unhealthy habit, is 13. _____ so you have to quit it. WAYS TO PREVENT HEART DISEASE Exercising four days weekly for 14. _____ or playing a sport that you enjoy will make your 15. _____ stronger and healthier. People should also look for ways to deal with 16. _____. Going for a walk, doing yoga or making family dinner will help prevent heart diseases. It is also important to visit 17. _____ regularly. In conclusion, to prevent heart diseases, you should check your 18. _____ and eat a 19. _____ because sugar can be a health problem. Also, quitting smoking and doing regular 20. _____ will help prevent other health problems. Lastly, look for healthy ways to deal 21. _____ for you to live longer and healthier.