


- 1  9.01 Listen to a conversation between two friends. What two pieces of advice does Magda give Chris?



2 Listen again. Are the sentences true (T) or false (F)?

- 1 Chris wants to try a new diet. \_\_\_\_
- 2 You can't eat cheese on the diet. \_\_\_\_
- 3 Magda thinks the diet sounds good. \_\_\_\_
- 4 Chris doesn't want to stop eating bread. \_\_\_\_
- 5 Magda says Chris should do something that helps him get slim quickly. \_\_\_\_
- 6 Chris wants to go cycling. \_\_\_\_
- 7 Magda says Chris should only eat healthy food. \_\_\_\_
- 8 She suggests using an app. \_\_\_\_

3a Choose the correct option, a or b.

- 1 Chris talks about a diet with \_\_\_\_ fat.  
a a lot of    b very little
- 2 The diet includes \_\_\_\_ bread.  
a a lot of    b a little
- 3 Magda thinks 'fad' diets are \_\_\_\_.  
a healthy    b unhealthy
- 4 Magda thinks Chris should \_\_\_\_ more often.  
a exercise    b eat
- 5 She says he should have \_\_\_\_ meals.  
a smaller    b bigger
- 6 She suggests using an app to \_\_\_\_ what he eats.  
a record    b improve

b Listen again and check.

4 Match the words/phrases in extracts 1–3 with meanings a–c.

- 1 It sounds like a **fad** to me. \_\_\_\_
- 2 Think about the **long term**. \_\_\_\_
- 3 That way it can be part of your everyday **routine**. \_\_\_\_

- a the usual order which you do things
- b happening for a long time
- c something that is popular for a short time