

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