

Listening & Pragmatic Analysis Worksheet

Focus Video: "5-Minute English Conversation Practice: Health and Exercise"

Student: _____

Date: _____

Course: _____

Score: _____

Part I: Listening Comprehension & Information Extraction

Watch the video and answer the following questions based on the dialogue between Tom and Thomas.

1. What activity was Thomas doing when he ran into Tom, and how did he feel physically?

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2. How often does Tom run, and what exercises does he do at home to build strength?

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3. Diet Comparison Table: Fill in the specific food items mentioned by each speaker.

Thomas's Typical Diet	Tom's Daily Meals
• • •	Breakfast: Lunch: Dinner:

4. What concrete plan do Tom and Thomas establish for the next morning to help Thomas build healthy habits?

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Part II: Pragmatic & Linguistic Analysis

Analyze the language structures, register, and communicative functions used in the conversation.

5. Pragmatic Function Identification

Identify the communicative function (e.g., *expressing hesitation/vulnerability, offering non-judgmental support, proposing a compromise*) for each quotation:

A. "I want to try, but I am worried. I get tired quickly."

B. "That is okay, we can go slowly. The important thing is to start."

6. Vocabulary & Collocation Analysis

Define or explain the health/lifestyle concepts implied by these terms in context:

- "Light meal" (vs. heavy/fast food):

- "Energy" derived from food:

Part III: Critical Reflection & Applied Discussion

Task 7: Peer Mentorship & Behavioral Strategy

Tom avoids criticizing Thomas directly when learning about his fast-food diet. How does Tom's conversational strategy promote positive behavior change without causing defensive feelings? Write 3–4 sentences analyzing his approach.
