

Health – listening practice

1. Posłuchaj rozmowy z Eileen Lynch na temat ćwiczenia w grupie. Wybierz właściwe opcje odpowiedzi A, B lub C na pytania 1 – 6,

Słownictwo:

- according to – według
- disappoint – rozczarować, zawieść
- pick up on mistakes – wylapać błędy
- distract – rozpraszać
- benefit – korzyść
- mention – wspomnieć, napomknąć
- bring friends closer – zacieśniać więzy przyjaźni
- make new friends – nawiązać znajomości
- willing - chętny
- uncertain – niepewny
- persuaded - przekonany

1 According to Eileen, why do people not want to miss their aerobics class?

- A They don't want to disappoint the group.
- B They feel they do something special.
- C They don't like staying at home.

2 The interviewer says that personal trainers

- A make you work out differently.
- B are cheaper than attending a class.
- C pick up on your mistakes more easily.

3 Why are there no experienced class members at the front of Eileen's classes?

- A They might distract the beginners.
- B They don't need as much help as the beginners.
- C They prefer being on their own at the back.

4 When an exercise is difficult, beginners

- A may risk injuring themselves.
- B are asked not to participate.
- C are pushed to try harder.

5 What second benefit of group exercise does Eileen mention?

- A It brings friends closer.
- B People can make new friends.
- C People can learn how to dance.

6 How does the interviewer feel at the end of the interview?

- A willing to join a group exercise class
- B uncertain about group exercise
- C persuaded group exercise is effective

2. Posłuchaj rozmowy na temat organicznej żywności. Zdecyduj, czy poniższe zdania 1 – 6 są zgodne z treścią rozmowy (YES), czy nie (NO).

Słownictwo:

- nutritious – odżywczy
- artificial fertilizer – sztuczny nawóz
- demand – tu: zapotrzebowanie
- insist – nalegać

	YES	NO
1 Anna believes organic food costs too much.
2 Mark thinks organic meat is healthier.
3 Organic fruit grows fast because of pesticides.
4 Anna says that organic farming is good for the environment.
5 Mark believes organic food will become cheaper.
6 Mark insists organic food lasts longer than non-organic.

3. Posłuchaj wypowiedzi czterech osób na temat gotowania. Przyporządkuj zdania A – F do właściwej osoby 1 – 4. Jedno zdanie podane zostało dodatkowo.

This speaker:

- A describes the health benefits of a method of cooking.
- B is a presenter on a television show.
- C advertises a product.
- D encourages people to attend an event.
- E challenges a popular opinion.

1	2	3	4

4. Posłuchaj wywiadu radiowego na temat zalet i wad uprawiania sportów indywidualnych. Wybierz właściwe opcje odpowiedzi A, B lub C na pytania 1 – 5,

Słownictwo:

- pressurised – pod presją
- flexibility – elastyczność
- take a positive view – oceniać pozytywnie
- it doesn't matter – nie ma znaczenia
- sense of independence – poczucie niezależności
- develop qualities – rozwijać cechy
- earn respect – zdobyć szacunek
- insight – wgląd
- importance – istota, sens
- divide up responsibilities – podzielić obowiązki
- give a performance – dać występ
- deal with – radzić sobie z czymś
- unexpected – nieoczekiwany
- examine – rozważyć
- explain – wyjaśniać

- 1 According to Greg, doing an individual sport means that
 - A you feel less pressurised to compete.
 - B you have more flexibility as to when you train
 - C it's easy to cancel an activity in bad weather
- 2 Why does Greg take a positive view of individual sports?
 - A It doesn't matter if you miss a practice session
 - B They give you a greater sense of independence
 - C You develop qualities you didn't know you had
- 3 Playing in a team, you can learn
 - A how to earn the respect of other players.
 - B fresh insights into playing individual sports.
 - C the importance of dividing up responsibilities
- 4 In the table tennis tournament, Greg
 - A gave an exceptionally good performance.
 - B found it hard to deal with feeling alone.
 - C met an unexpected competitor.
- 5 In the Interview, Greg
 - A examines both the good and bad aspects of individual sports.
 - B explains how to motivate yourself to play individual sports.
 - C recommends activities which are ideal individual sports.