# 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 – wyłapać 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

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**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 |
|---|---|---|---|
| | | | |

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**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 – rozważać
- 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.

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