

UNIT 3: PEOPLE'S BACKGROUND

Listen to the five people talking about their favorite way to relax and choose the correct answer A, B or C.

1. Jim thinks that people who feel sad shouldn't _____.

- A. forget about their problems
- B. read a funny book
- C. read a sad book

2. Elena thinks that if you want to do yoga, you should _____.

- A. do it at your own home
- B. find the right teacher
- C. not pay lots of money

3. According to Kate, a common reason for not doing regular exercise is _____.

- A. it takes too much time
- B. it is too expensive
- C. it will make a person tired

4. How much time does Mike usually spend outside on his lunch break?

- A. 20 minutes
- B. 30 minutes
- C. 60 minutes

5. Which does Mark do to help him relax?

- A. He drinks some green tea
- B. He has a cup of tea before bed
- C. He tries to get enough sleep