

LISTENING 2

Date

Activity 1. Read. Listen. Circle T (True) or F (False).



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|--|---|---|
| 1. Mike plans to get exercise four times a week. | T | F |
| 2. Mike gets exercise because he likes it. | T | F |
| 3. Suzie thinks Mike should eat more vegetables. | T | F |
| 4. Sleeping for eight hour a day makes you healthier. | T | F |
| 5. Suzie believes it is easy to keep fit and stay healthy. | T | F |

Activity 2. Read. Listen. Circle A, B or C. (TF)

Questions 1 to 3:

1. How do children usually feel after school?

- A. excited
- B. tired
- C. lazy

2. What do they stay up late to do?

- A. do their homework
- B. watch TV
- C. play video games

3. What do they eat for lunch and dinner?

- A. food from school
- B. home cooked food
- C. junk food

Questions 4 and 5:

4. What happens when you don't get enough rest?

- A. Your muscles grow faster.
- B. Your eyes hurts in the morning.
- C. You lose weight quickly.

5. What is the listening about?

- A. Why sleeping late is bad
- B. What to do when you can't sleep
- C. How to have a good sleep