

- 3** **05** Listen to the first part of the talk and choose the correct answers for Questions 1–5.

Questions 1–5

Choose the correct letter, A, B or C.

- 1 According to Debbie, why do some people fail to eat a balanced diet?
 - A They don't know how to cook.
 - B They don't have enough time to cook.
 - C They don't feel hungry enough to cook.

- 2 Debbie recommends that staff should keep fit by
 - A using a gym.
 - B taking up a new sport.
 - C changing some daily activities.

- 3 Which benefit of exercise does Debbie think is most important?
 - A It helps you sleep.
 - B It keeps your heart healthy.
 - C It improves mental skills.

- 4 What advice does Debbie give the nurses about health and safety?
 - A to avoid drinking coffee
 - B to use the canteen at night
 - C to take regular breaks

- 5 When she talks about hygiene, Debbie asks the nurses to
 - A wash their hands regularly.
 - B keep away from germs.
 - C help with the cleaning.