

1/ Listen then fill in the blank .

I never used to worry about my health until recently. When I was a kid, I did loads of Even in my twenties and thirties I was very fit and never I have been lucky all my life - always in the best of health. I rarely get even a cold. I suppose time catches up with you. Now I seem to be getting lots of little and pains. I should go to the doctor for a health check, but I'm too busy. The you get, the more you worry about your health. One good thing is that I'm eating more healthily now than ever before. I no longer have fast food and snacks. I also sleep a lot more. I've read that getting seven or eight hours sleep every night is one of the best things you can do for your

2/ Listen to five different people talking about their jobs and do the exercises

Speaker A works as a.....

Speaker B works as a.....

Speaker C works as a.....

Speaker D works as a.....

Speaker E works as a.....

a. Pilot

b. Teacher

c. Dentist

d. Shop assistant

e. Tour guide

f. Nurse

- THE END -