

Listening practice

- 1** You will hear five different people talking about cooking. For questions 1-5, choose from the list (A-F) what each speaker says. Use the letters only once. There is one extra letter which you do not need to use.

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|---|------------------------------------|
| A I prefer eating food to cooking it. | Speaker 1 ☐ |
| B Cooking plays a role in my following someone's advice. | Speaker 2 ☐ |
| C My job means I prefer to eat simply. | Speaker 3 ☐ |
| D You have to be well-organised if you want to cook well. | Speaker 4 ☐ |
| E It's surprising how easy it is to cook. | Speaker 5 ☐ |
| F Cooking brings some variety into my life. | |

- 2** You will hear a radio interview with a famous cardiologist. For questions 1-6 decide whether the statements are true (T) or false (F).

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| 1 Heart attacks are more common now than they were in the past. | |
| 2 Dr Shaw says most people would eat a healthier diet if they had more time. | |
| 3 If you have a healthy diet, with lots of fruit and vegetables, you don't have to exercise. | |
| 4 Dr Shaw recommends joining a gym. | |
| 5 Dr Shaw says men in their 50s tend to smoke and drink too much coffee. | |
| 6 Dr Shaw implies men are more at risk of heart attacks than women. | |

- 17** Fill in the correct word derived from the words in bold.

Mood Food

Did you know that what you eat can have a drastic effect on your feelings? We all know that what we eat affects us **0)** *physically* but did you know some foods affect us **1)**, too? **2)** have shown that chocolate can lift your spirits and make you feel happier. However, the effect lasts only for a short time. The **3)** fibre foods on the other hand can make people feel positive, **4)** and think quicker. Research shows that people who eat such a diet tend to be less stressed, less tired and less **5)** than people who don't. Also, they are able to think lots more **6)** Nevertheless, other foods can have a **7)** effect on us such as coffee, eggs, sugar and foods that contain a lot of artificial **8)** and preservatives. These foods can make us feel sad, **9)** and prone to panic attacks. Foods that have been proven to lift up your spirits are **10)** fish, salads, fruit, cereals and nuts.

PHYSICAL
MENTAL
STUDY

HEIGHT
ENERGY

DEPRESS

QUICK
NEGATION

FLAVOUR
ANXIETY

OIL



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