

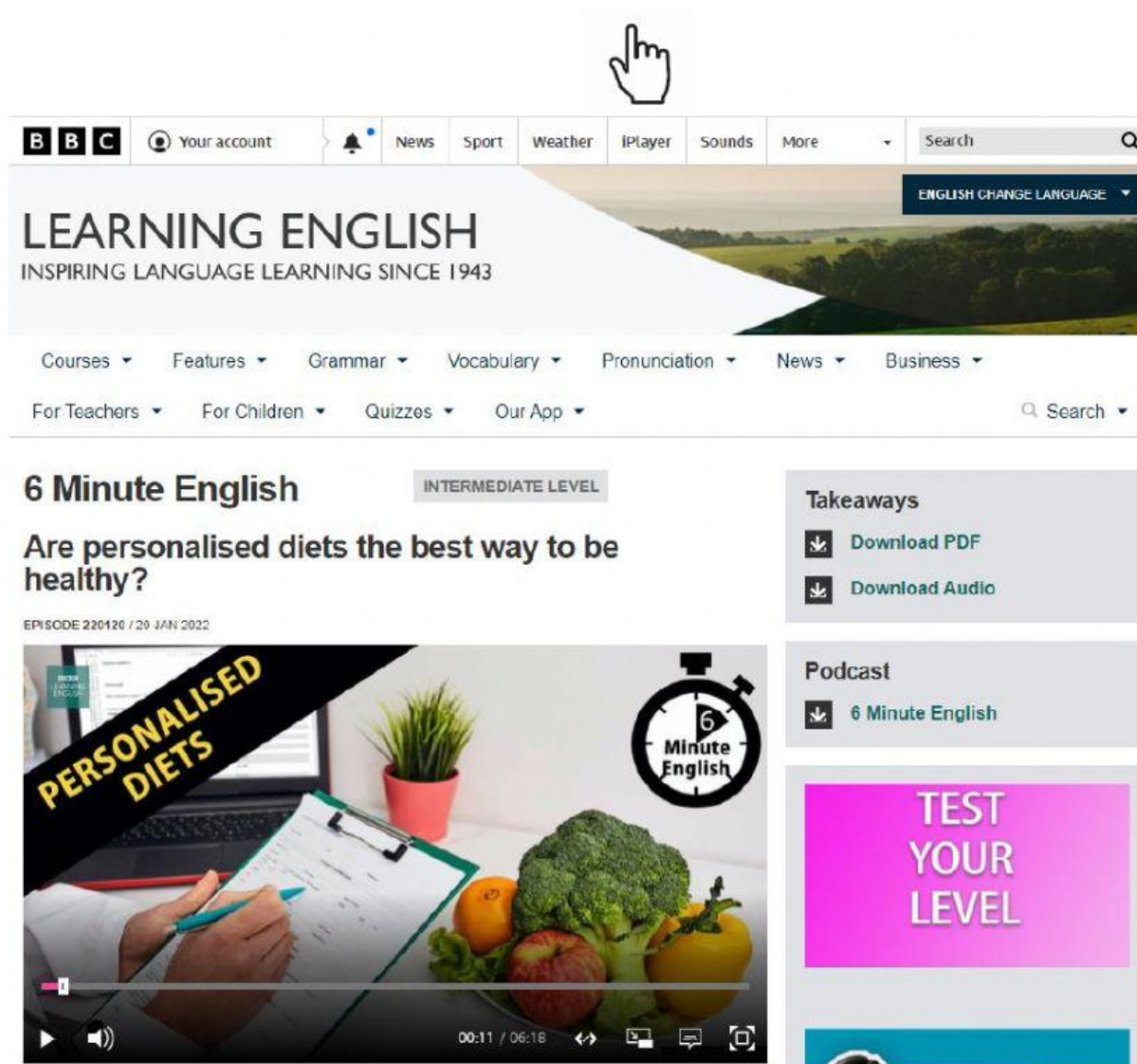
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# 6-Minute English

The BBC produces these podcasts. You can download the podcast (audio) and transcript.

[www.bbc.co.uk/learningenglish/english/features/6-minute-english\\_2022/ep-220120](http://www.bbc.co.uk/learningenglish/english/features/6-minute-english_2022/ep-220120)



The screenshot shows the BBC Learning English website. At the top, there's a navigation bar with the BBC logo, 'Your account', and links to News, Sport, Weather, iPlayer, Sounds, and More. A search bar is on the right. Below this, a banner reads 'LEARNING ENGLISH' with the tagline 'INSPIRING LANGUAGE LEARNING SINCE 1943'. A 'Hand' icon points to the 'More' link in the navigation bar. Below the banner, there are links for Courses, Features, Grammar, Vocabulary, Pronunciation, News, and Business. A second row of links includes For Teachers, For Children, Quizzes, and Our App. A search bar is also present. The main content area features the '6 Minute English' podcast at an 'INTERMEDIATE LEVEL'. The episode title is 'Are personalised diets the best way to be healthy?' and it's Episode 220120 from 29 JAN 2022. A video player shows a person writing on a clipboard with a 'PERSONALISED DIETS' overlay and a '6 Minute English' clock icon. To the right, there are 'Takeaways' (Download PDF, Download Audio) and a 'Podcast' section with a '6 Minute English' download link. A 'TEST YOUR LEVEL' button is also visible.

Listen to the podcast and write your opinion.