SPEAKING PART 4 –B2 FIRST
Tania Rodas

Martyna and Miguel are answering an examiner's question in Speaking Part 4. Read their answers, ignoring the gaps, and match the words and phrases in bold with the definitions a–g below.





a solid or liquid substance obtained from animals or plants and used especially in cooking fat
b combination of the correct types and amounts of food
c do less of something
d food that is unhealthy but is quick and easy to eat
e foods made from milk, such as cream, butter and cheese
f only eat a particular type of food
g someone's way of living; the things that a person or particular group of people usually do

Examiner: Do you think fast food is bad for you?

Martyna: I think it depends. I think the most important thing is to have a **balanced diet**, (1) ..... you eat a variety of vegetables, meat, cereals and so on. I'm not sure it matters so much how long it takes to prepare, (2) ..... I think fast food is just food which is prepared quickly. (3) ..... , if you just **live on**, what's it called, **junk food**, for instance hamburgers and pizzas and things like that, (4) ..... you probably need to **cut down** and have a more balanced diet.

Examiner: And Miguel, what do you think?

Miguel: I agree with Martyna. I think it's fine to eat fast food occasionally, (5) ..... you have to balance it with other things like fresh fruit and vegetables (6) ..... are in season and cut down on **dairy products** and fat. Also, I think that (7) ..... you eat is only one part of a healthy **lifestyle**.

LIVEWORKSHEETS



2 Complete Martyna's and Miguel's answers by writing a word or phrase from this box in the gaps. Then listen to check your answers.

because but in other words on the other hand
then what which

Find words or phrases in Martyna's and Miguel's answers where they:

1 explain what they mean using different words
2 give a reason
3 give examples
4 balance one idea or opinion with another.

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