UNIVERSITY OF TECHNOLOGY AND APPLED SCIENCES - IBRA

LEVEL THREE - LISTENING

cut back on	local	target	gradual
replace	practical	waste	

Complete the text with words from the box.

Last week I visited my doctor because I had some health problems. He checked my weight and told me that I am very overweight and I should reduce my body weight. I have decided to follow his advice and try to reduce my weight. I know my effort should be 1. _____ because if I rush, I am sure that I will fail. I know that many people who tried to lose weight fast had severe health problems. My 2. _____ now is to reduce 3 kilos this month. I know I have to 3. _____ the amount of food I eat especially meat. It is not 4. _____ to completely avoid meat because I love it, but I have decided that I will eat only very little. I am going to 5. _____ the meat in my menu with fresh fruit and vegetables. I know it would be difficult, but I am confident that I will succeed in the end and become slim and handsome again like my friend Thomas.

(Biju C Thomas)

LIVEWORKSHEETS