

Listen

Listen to a girl calling a teenage helpline and write *T* for True or *F* for False.

1. The girl's parents wanted her to get a job.
2. The girl wanted to get an MP3 player.
3. The girl's mother is a photographer.
4. The girl got paid last week.
5. The girl should call her mum's friend.



Rewrite the false sentences. (Tedd igazzá a hamis állításokat)

Complete the blanks 1-6 with the phrases a-f in the box.

- a. What should I do b. everything will be just fine c. I've got a problem d. don't worry
e. First of all f. I need some advice



(1) _____ with my best friend and (2) _____. He used to enjoy hanging out with his friends and having lots of fun. Now, he just wants to be alone. He doesn't go out much and he never calls. (3) _____ to help him?

Worried friend, Warwick



(4) _____, you should try talking to him to find out what his problem is. If he doesn't want to tell you, (5) _____. Visit him often or even organise a small party for him. That will show him that you care. I'm sure he will talk to you soon and (6) _____.

Read the text and complete the sentences.

Going on a diet

***So, you want to go on a diet?
Before you start, look at our
advice for a healthy diet:***

YOU SHOULD:

- 1** ...start with a visit to your doctor to check if you're healthy enough. Talk about a good diet plan.
- 2** ...drink lots of water.
- 3** ...exercise about half an hour for as many days as you can. Take up a sport, do aerobics or perhaps go jogging.
- 4** ...buy a book about calories and learn how many calories are in the food you eat most often. Finding out how much fat each food contains is also helpful.

YOU SHOULDN'T:

- 1** ...try to lose weight quickly. It's better to lose one or two kilos a week even if you have to stay on a diet a little longer.
- 2** ...worry about what other people say. Remember you don't have to feel stressed because of your diet.
- 3** ...eat snacks all day or forget to have your main meals. You may feel hungry later and then eat too much.
- 4** ...forget to see your doctor again when you have reached your ideal weight to talk about how you can stay at this weight.

A Windows aktiv

1. Exercising about _____ minutes for as many days as you can, helps you lose weight.
2. You should find out how much _____ different kinds of food contains.
3. Losing weight _____ is a bad idea.
4. You should eat three main _____ and drink _____.