

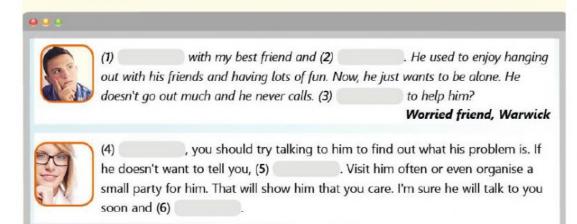
Listen to a girl calling a teenage helpline and write T for True or F for False.

- 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





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

YOU SHOULD:

- ...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.
- ...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:

- ...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.

1. Exercising about	minutes f	or as many day	s as you can,	
helps you lose weight.				
2. You should find out how much		different ki	nds of food	
contains.				
3. Losing weight	is a bad idea) .		
4. You should eat three m	ain	and drink		