

## D. LISTENING & SPEAKING

**Exercise 1: Match the statements with the activities.**

<i>drink more water</i>	<i>play sport</i>	<i>go out with friends</i>
<i>go out with friends</i>	<i>get enough sleep</i>	<i>go cycling</i>
<i>go for a walk</i>	<i>enjoy art and music</i>	



1 \_\_\_\_\_



2 \_\_\_\_\_



3 \_\_\_\_\_



4 \_\_\_\_\_



5 \_\_\_\_\_



6 \_\_\_\_\_



7 \_\_\_\_\_



8 \_\_\_\_\_

**Exercise 2: Listen to the speakers and choose the correct answers, True or False.**

1 The speaker thinks enjoying art and music is expensive. (🔊 *Track 8.1*)

☐ True      ☐ False

2 The speaker thinks reading isn't interesting. (🔊 *Track 8.2*)

☐ True      ☐ False

3 The speaker thinks going out with friends isn't expensive. (🔊 *Track 8.3*)

☐ True      ☐ False

4 The speaker thinks getting enough sleep is important. (🔊 Track 8.4)

☐ True ☐ False

5 The speaker thinks drinking water is healthy. (🔊 Track 8.5)

☐ True ☐ False

6 The speaker thinks playing basketball is relaxing. (🔊 Track 8.6)

☐ True ☐ False

**Exercise 3: Listen to Susan talking about the Park Health Centre. Choose *have to* or *don't have to* to complete the sentences. (🔊 Track 8.7)**

1 You *have to/ don't have to* feel ill or sick to visit the center.

2 You *have to/ don't have to* be a member to visit the center.

3 Members *have to/ don't have to* live in the local area.

4 You *have to/ don't have to* be looking for advice for a health problem to join the center.

5 If you want to join yoga or Pilates classes, you *have to/ don't have to* have some experience.

6 You *have to/ don't have to* be a great cook to do the healthy eating classes.

**Exercise 4: Listen and match each opinion with one of the two speakers, David or Emma.**

(🔊 Track 8.8)

	David	Emma
1 You should do exercise with other people.	<input type="radio"/>	<input type="radio"/>
2 You don't have to be fit to play sport.	<input type="radio"/>	<input type="radio"/>
3 You shouldn't eat fast food.	<input type="radio"/>	<input type="radio"/>
4 You shouldn't eat fast food.	<input type="radio"/>	<input type="radio"/>
5 You should drink tea and lots of water.	<input type="radio"/>	<input type="radio"/>
6 You should watch a few hours of TV to relax	<input type="radio"/>	<input type="radio"/>
7 You shouldn't listen to music when you study.	<input type="radio"/>	<input type="radio"/>

**Exercise 5: Match the words and phrases.**

1 join	●	●	outdoors
2 exercise with other	●	●	healthy diet
3 exercise	●	●	personal trainer
4 pay for a	●	●	healthy
5 follow a	●	●	the gym
6 focus	●	●	people
7 take	●	●	on exams
8 keep	●	●	regular breaks from computer work

**Exercise 6: Complete the sentences with *should* or *shouldn't* and a verb from the box to give good advice.**

**Two verbs in the box are used twice.**

drink	eat	get	spend
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- 1 You \_\_\_\_\_ a lot of water when you do exercise.
- 2 Young people \_\_\_\_\_ too much time playing computer games.
- 3 If you want to \_\_\_\_\_ lots of fruit and vegetable if you want to be healthy.
- 4 You \_\_\_\_\_ lots of fruit and vegetables if you want to be healthy.
- 5 If you want to be fit, you \_\_\_\_\_ fast food.
- 6 When you are young, you \_\_\_\_\_ a lot of sleep every night.

**Exercise 7. Ahmed, Ewa and Bik now live in the UK. Listen to information about their journeys in the past and now. Choose True or False. (🔊 Track 8.9)**

	True	False
1 Ahmed is from Dubai.	<input type="radio"/>	<input type="radio"/>
2 To get to classes, he took the metro and then walked for a bit.	<input type="radio"/>	<input type="radio"/>
3 He now goes to work on a motorbike.	<input type="radio"/>	<input type="radio"/>
4 Ewa studied engineering.	<input type="radio"/>	<input type="radio"/>
5 In Poland, she travelled to work by tram.	<input type="radio"/>	<input type="radio"/>
6 Ewa now goes to work by tram.	<input type="radio"/>	<input type="radio"/>
7 Bik travelled to college in Beijing by train.	<input type="radio"/>	<input type="radio"/>
8 She goes to school in Cardiff by underground.	<input type="radio"/>	<input type="radio"/>
9 Her journey now takes over an hour.	<input type="radio"/>	<input type="radio"/>

**Exercise 8: Look at the picture and complete the description. Use the phrases in the box.**



I think	because	is drinking	is eating	is playing	is sitting
	it looks	the picture shows	there are		

\_\_\_\_\_ a boy in a living room. \_\_\_\_\_ some chairs, a sofa, a table, a lamp, a television and a computer. The boy \_\_\_\_\_ fast food such as burger and chips, and he \_\_\_\_\_ cola. I think the boy should eat more fruit and vegetables and drink more water \_\_\_\_\_ he doesn't look very healthy. He shouldn't eat fast food and drink cola. He should play some sports as well. \_\_\_\_\_ the boy \_\_\_\_\_ video games because he \_\_\_\_\_ in front of his computer. \_\_\_\_\_ like he's a little bit too heavy so he should do some exercise.

**Exercise 9. Look at the picture and read the instructions. Spend a few minutes thinking about what to say.**



**In your talk, you should:**

- talk generally about what you can see
- give specific details about the picture
- give your opinion and reasons
- use words and language related to health
- give advice using *should* and *shouldn't*
- talk for 1–2 minutes