

## An apple a day

### 1 Listen and read.

**Nam:** Hey Scott, have you ever heard the saying, 'An apple a day keeps the doctor away'?

**Scott:** Of course, why?

**Nam:** Did you know that it's really true?

**Scott:** What do you mean? If I eat one apple a day I will never get sick?

**Nam:** Not exactly, but it can help you lose weight, build healthy bones, and also prevent diseases like cancer.

**Scott:** Wow! That's incredible. I drink apple juice every day.

**Nam:** That's good, it will help keep you from getting Alzheimer's disease when you get old.

**Scott:** Is that the disease that affects your memory?

**Nam:** Yes. Since drinking apple juice helps boost your brain's memory function, it helps you remember things for a long, long time.

**Scott:** But Nam!

**Nam:** Yeah?

**Scott:** There are a few things I really want to forget.

**Nam:** Like losing the football match yesterday?

**Scott:** Exactly!

### **2** Work in pairs. Read the conversation again and answer the following questions.

1. What does 'An apple a day keeps the doctor away' mean?
2. Name three health benefits of eating apples or drinking apple juice.
3. Which part of the body does Alzheimer's disease affect?
4. How does Scott feel about drinking apple juice?

### **3** Listen and repeat the words. Then answer the questions below.

- a. Which words did you hear in the conversation? Circle them.

prevent	nervous	disease	bones
balance	weight	skeleton	brain
boost	system	lungs	healthy