UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES – IBRA

LEVEL.3 . LISTENING

Use the words in the boxes to complete the text;.

healthy	diseases	stress	strong	pressure
habits	likely	exercise	cause	diet

I have known my friend David for many years. He was my classmate at college. He was very 1. _____, so he never missed classes because of sickness. He was also very 2. _____ and he was a member of our wrestling, football and boxing teams. He used to 3. _____ every day for more than two hours in the gym. However, his life changed a lot after the college. He got a job as the manager of a big company in the city. The job gives him a lot of 4. _____ because he had to solve many problems and handle many workers. I think this is the 5. _____ of his bad health now. He has very high blood 6. _____ and diabetes now. He is taking a lot of medicines to control these 7. _____. His 8 _____ is also not healthy because he eats a lot of junk food today. On top of this, he has developed some bad 9_____ like smoking and drinking.. His doctor recently told him that if he does not change his ways, he is 10 _____ to die very early.

(BIJU C THOMAS)

LIVEWORKSHEETS