

5. Examlab Listening Part4 Instructions:

You are given a piece of audio and six questions which correspond to the audio.

Each given question has three options A, B and C.

Click on the button to choose the best option for each question.

You will hear a conversation with Elli who is an expert on how to eat right.

1 - What, according to the speaker, is the easiest way to avoid having problems?

A) Learn to be sociable.

B) Learn how to study better.

C) Learn how to eat correctly.

2 - The speaker says that fat people don't

A) care if they are fat.

B) control the calories they eat.

C) know what to do.

3 - The speaker recommends people to

A) go jogging regularly.

B) keep a record of what they consume.

C) join a gym.

4 - The speaker advises people who can't control their calories to

A) eat smaller portions.

B) eat lots of vegetables.

C) drink more water.

5 - Another idea the speaker offers is to

A) avoid alcohol.

B) avoid chocolate.

C) slow down when they eat.

6 - The ideal diet, according to the speaker, contains

A) olive oil.

B) lots of fish.

C) a good mix of different types of food.