Homework

Track 1-6 **B** | **Listening for Main Ideas.** Read the questions below. Then listen again and check (✔) the main ideas you hear.

1. What advice does the nurse give for preventing heart disease?

❑ Get your blood pressure checked. ❑ Eat less salt and sugar. ❑ Get enough exercise.
❑ Visit your doctor. ❑ Drink a lot of water. ❑ Read more about heart disease.

2. What does the nurse say are some common causes of heart disease?

❑ high blood pressure ❑ smoking ❑ living alone ❑ high blood sugar

Track 1-6 **C** | **Listening for Details.** Listen again and choose the correct word or phrase to complete each sentence.

1. According to the nurse, if you have high blood pressure, you need to _____.
   a. do something about it b. take medication
2. According to _____, healthy eating habits can keep your weight and your blood pressure down.
   a. medical journals b. government reports
3. To deal with stress, the nurse suggests going for a walk or _____.
   a. talking to a friend b. taking a yoga class