

Listening Ex. > Healthy Eating For Diabetics



A. Listen to a report about the control of a health disease some people suffer. Then answer the questions below.

1. What is insulin? _____

2. Why is it useful in the human body? _____

3. How can a person start suffering from diabetes? _____

4. What do doctors advise for patients with diabetes? _____

5. The British Diabetic Association recommends three (3) things:

a. _____

b. _____

c. _____

6. How much is an ideal weight loss in a short-term target? _____

7. How often do people need to check their weight? _____



B. Continue listening to the report. Write **NO MORE THAN THREE WORDS** for each answer.

If people want to reduce fat in their diet, they may eat lean meat, ⁽¹⁾ _____ from chicken, use ⁽²⁾ _____ and cut down butter. It is highly recommended to eat plenty of ⁽³⁾ _____. Additionally, the consumption of ⁽⁴⁾ _____ and lentils can help to ⁽⁵⁾ _____ the rise of blood sugar ⁽⁶⁾ _____ meals. It is also appropriate the intake of ⁽⁷⁾ _____ bread and flour and ⁽⁸⁾ _____ cereals for breakfast. People should avoid eating ⁽⁹⁾ _____, chocolate, cakes, and ⁽¹⁰⁾ _____ due to their high quantities of sugar and fat. Beverages such as ⁽¹¹⁾ _____ are preferable. Instead of using sugar, a(n) ⁽¹²⁾ _____ sweetener helps more. Finally, it is important to read carefully the ⁽¹³⁾ _____ in labels of package food items. If you need further assistance, ⁽¹⁴⁾ _____ at the British Diabetic Association may provide it.



Audio taken from Evans V. & Dooley, J. (2000) Mission Course book 1. Unit 2 – Part 1. Track 5. Express Publishing. UK
Authored by Andrés Barón-Ávila
MA Education and Technology – UCL – IOE

