5 Listen and fill in the blanks with the words you hear. Then get in groups of four and practice the conversation. Track 3-06

David: Hi, Sue. What are you eating?

Sue: This? This is a sweet potato. 1. _____ next month, so I am trying to lose some weight. This diet I'm on says I can only eat one sweet potato at every meal.

David: Hmm, a one-food diet? Is it working?

Sue: No, not really. It's actually giving me 2. _____.

David: 3. _____ try a more conventional diet. Why don't you try cutting the amount of food you eat by a third? That's what Ramone did. He said after his stomach adapted to less food, it was easy to lose weight. He lost about 10 kilograms.

Sue: Maybe I'll give it a try.

David: Hey, look. There's Ramone now. Hey, Ramone! Sit over here.

Ramone: Oh. Hey, guys. I didn't notice you there. How's it going?

Sue: We're good. But, Ramone, you look exhausted. What happened?

Ramone: I got back from vacation yesterday morning. I have a little jet lag, so 4. _____ my sleep. I got up at 3 o'clock this morning.

David: Whoa, you've been up since 3:00 a.m.?

Ramone: Yeah. I need a few more days to restore my energy and get on a regular sleep schedule.

Sue: 5. _____ some chamomile tea before bed.

Ramone: Hmm, chamomile tea… That sounds practical enough. Oh, Maria's coming over.

Sue: Hey, Maria.

Maria: Hi, everyone.

David: Whoa, Maria. Did you break your arm again?

Maria: Yeah, it happened yesterday at soccer practice.

Sue: That's the second time this year you've suffered an injury!

Maria: I know. The doctor said I have weak bones. I don't know what to do. I don't want to quit playing soccer, but I also don't want to keep getting injured.

Ramone: Hmm… You're 6. _____ calcium and omega 3 in your diet.

David: Yeah, eat more fish and cheese. It'll be a gradual process, but if you keep it up, your bones will get stronger.

Maria: I'll try doing that. Anyway, we'd better finish lunch fast. Otherwise, we are going to be late for Mr. Harris's class again.

LIVEWORKSHEETS