

E8. LISTENING UNIT 2: HEALTHY LIVING

1. Listen and decide if each statement is true or false or not given

Statement	True	False	Not given
1. Sheila is a student.			
2. Sheila takes a bath after school.			
3. Sheila has vegetables and meat for lunch.			
4. Sheila does not like juice, but she likes mineral water.			
5. Sheila plays tennis in the afternoon.			
6. Sheila does not do any sport activities.			
7. Sheila eats many fruits.			
8. Sheila usually goes to bed after 11 p.m.			

2. Listen to the conversation twice and circle the correct answer to each of the following questions.

1. What does Keren say about jogging?

- A. She jogs at the gym B. She jogs 4 times a week
C. She jogs in the evening D. She jogs for an hour

2. What does Karen say about running in the morning?

- A. She doesn't like it B. It's easier in the summer
C. She ran this morning D. It's hard on the weekend

3. What food does she eat in her balanced diet?

- A. Meat B. Chicken C. Vegetables D. Egg

4. What help Karen relax?

- A. Yoga B. Music C. Sleep D. Walking

3. Listen and choose the best option to complete the sentence.

1. What are doctors in Britain worried about?

- A. health of teenagers B. health of the older
C. health of children D. health of the doctors themselves

2. What do teenagers not eat much?

- A. chips B. crisps C. fast food D. vegetable

3. Why do teenagers not eat good food?

- A. they do not like it B. it is expensive
C. it is unhealthy D. it is dirty

4. Where did fast food originate (bắt nguồn/ có nguồn gốc từ đâu)?

- A. England B. Australia C. America D. Vietnam

5. What is not one of the fast food brands?

- A. McDonald's B. Pizza Hut C. Tom and Jerry D. Burger King

6. What is not a type of fast food?

- A. hamburgers B. apples C. fries D. sandwiches

7. Why do teenagers need a good diet?

- A. to live healthily B. to live longer C. to live better D. all are correct