LISTENING 1

PREPARING TO LISTEN

- 1 You are going to listen to a radio program about why some people live a long life. Before you listen, read the sentences. Complete the definitions with the correct form of the words in bold.
 - 1 My grandmother is very healthy. She's never had a serious illness.
 - 2 Research proves that exercising can improve your health.
 - 3 I have a **habit** of eating chocolate in the evenings. I eat it almost every night!
 - 4 He doesn't have an **unhealthy** lifestyle. He always exercises and eats fruit and vegetables.
 - 5 Exercise is important to me, so I **work out** at the gym three mornings a week.
 - 6 I'm a few pounds overweight. I should probably go on a diet.
 - a _____ (adj) not good for your health; not strong and well
 - b _____ (phr v) to exercise in order to make your body stronger
 - c _____(v) to show that something is true
 - d _____(n) a disease of the body or mind
 - e _____ (adj) being heavier than you want or than is good for you
 - f _____(n) something that you do regularly

BLIVEWORKSHEETS