

## UNIT 2. HEALTH

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### Listening task 1: What's it good for?

Listen. People are talking about health and relaxation. Where are they? Circle the correct answers.

- |                        |                                 |
|------------------------|---------------------------------|
| 1 a. a tea shop        | b. a sports gym                 |
| 2 a. a doctor's office | b. an aromatherapist's office   |
| 3 a. a yoga class      | b. a massage therapist's office |
| 4 a. a sports gym      | b. a health food store          |
| 5 a. a doctor's office | b. a yoga class                 |

Task 2. Listen again. Check (✓) the two health benefits for each technique.

|   | sleep better             | feel younger             | look younger             | have more energy         | feel calmer              |
|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|
| 1 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 2 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 3 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 4 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |
| 5 | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> |

Link: <https://www.liveworksheets.com/w/en/english-7/7889676>