FACULTAD DE CIENCIAS DE LA SALUD - UNER
Inglés nivel 2

LISTENING



Activity 1: Listen to Sofía speaking about her plans in relation to healthy habits. Choose TRUE or FALSE according to the information from the audio.

1. Sofía is going to focus on her diet by including more meat and eggs.
2. She is not going to join a cooking group.
3. She's going to consider joining a yoga or Pilates class only to relax.
4. She plans to enjoy nature and stay active going for walks or runs.
5. Sofía is going to modify her sleeping habits too.

Activity 2: Listen to Sofia again and choose the correct answer (a, b, or c) for each question.

1. What is Sofía going to modify?

a) Her sleeping habits only.

b) Her sleeping, exercising and eating habits.

c) Her eating and sleeping habits.

2. What is Sofía going to do in yoga and Pilates?

a) Sofía is going to relax and strengthen her body.

b) Sofía is going to relax but not strengthen her body.

c) Sofía is not going to relax and she's not going to strengthen her body.

3. Why is Sofía going to modify her sleeping routine?

a) Because she doesn't want to feel energized during the day.

b) Because she wants to feel refreshed and energized during the day.

c) Because she needs to lower her anxiety.

LIVEWORKSHEETS

3. What is Sofía's goal?

a) To have a balance to feel good intellectually and materially.

b) To have a balance to feel good spiritually and physically.

c) To have a balance to feel good mentally and physically.

LIVEWORKSHEETS