

4.3

LISTENING

Matching

I can understand the main points of a narrative about a familiar topic.

- SPEAKING** Look at the photos in the leaflet and decide whether they show healthy or unhealthy diets.
- Take *The Healthy Diet Test* and compare your results with a partner.

The Healthy Diet Test

Remember, the more ticks you get, the healthier you are.

- I don't eat too much salt (e.g. in crisps and fast food). ☐
- I don't eat too much sugar (e.g. in sweets and fizzy drinks). ☐
- I am not difficult or fussy – I like most things. ☐
- I have a balanced diet – I eat a variety of different kinds of fresh food. ☐
- I eat fish at least once a week. ☐
- I don't eat red meat more than three times a week. ☐
- I feel well – I have plenty of energy. ☐
- I look well – my skin and my hair look healthy. ☐



- 2.7** Listen to a nutritionist giving advice. Which statement in *The Healthy Diet Test* does she not mention at all?

EXAM FOCUS Matching

- 2.8** Listen to four people talking about their diets. Match statements A–E with speakers 1–4. There is one extra statement.

Speaker 1: ☐ Speaker 2: ☐ Speaker 3: ☐ Speaker 4: ☐

The speaker's diet ...

- A is based on fresh local produce.
- B doesn't involve any cooking.
- C used to include lots of sweet things.
- D is based on Mediterranean produce.
- E changed when he/she became a teenager.

- 2.8** Answer the questions. Is it speaker 1, 2, 3 or 4? Listen again and check.

- Who couldn't become a vegetarian? ☐
- Who has a lot of energy? ☐
- Who supports animal rights? ☐
- Who rarely eats the same thing as his/her family? ☐
- Who doesn't use animal products? ☐
- Who has realised that his/her favourite food is unhealthy? ☐

- SPEAKING** Discuss the questions in Exercise 5 about your family and friends.

My sister is a vegan and supports animal rights. She never eats the same things as the rest of my family, because they all love meat.

WORD STORE 4D Collocations

- 2.9** Complete the collocations in WORD STORE 4D with *diet*, *food*, *meal* and *snack*. Then listen, check and repeat.

- You are going to find out how well you know your partner's attitude to food.

- Write three true sentences and one false one to describe your attitude to food.
- Begin your sentences with *I ...* or *My ...* and include the collocations in Exercise 7.
- Swap your sentences with a partner.
- Guess which sentence is false.

I think I have a very balanced diet.
I often have a quick snack between meals.
I have a hot meal every lunchtime.

PRONUNCIATION FOCUS

- 2.10** Listen and repeat the words. Notice that the vowels in green have the same sound in each group.

- coffee orange cauliflower
- beef beans
- grapes cakes
- banana avocado
- cabbage spinach

- 2.11** Add the words in the box to the correct group in Exercise 9. Then listen, check and repeat.

cauliflower lettuce potato
sardines tomato