

Listen to the recording about reviews of diet books. While listening, choose the correct answer (A,B,C or D) and write it into the space in the answer box.



Diet Books

<https://www.npr.org/player/embed/102604793/102863544>

**1. According to the presenter, Maria Langer says**

- A. she has spent quite a lot of money on diet books.
- B. she has spent some money on diet pills.
- C. the Suzanne Summer's book was a good investment.
- D. she will also buy the latest Zone book.

**2. Maria Langer thinks diet books make us believe that**

- A. everybody can get a flat belly if they follow a special diet.
- B. dieting does not involve hard work.
- C. you can lose 13 plus pounds in a week.
- D. slimming means eating crunchy foods only.

**3. Edward Ash-Milby states that a diet book is successful if**

- A. there is a person with a flat belly on the cover.
- B. fast weight loss is guaranteed.
- C. the content is original.
- D. muscular people promote the book.

**4. Bethenny Frankel's book**

- A. is about a reality TV chef.
- B. wants to warn girls about the danger of dieting.
- C. is about naturally thin girls.
- D. helps you to rid yourself of slimming.

**5. Ash-Milby says that**

- A. every diet has to be repeated.
- B. people are hooked on losing weight.
- C. people try new diets again and again.
- D. success depends on the concept of the diet.

**6. When Lay wanted to lose weight she had to**

- A. hire a special nutritionist.
- B. change the way she chewed food.
- C. give up eating sweet milk products.
- D. eat smaller portions of yoghurt.

**7. Now Lay stays slim by**

- A. counting calories.
- B. exercising once a week.
- C. checking the calories in diet books.
- D. cutting down on carbohydrates.

**8. Cameron believes that the best way to lose weight is to**

- A. exercise with heavy weights.
- B. drink sugar-free, watery fruit juice.
- C. write down your ideas on diet books.
- D. make notes of your food intake.

| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 |
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