

UNIT 2: HEALTH

LISTENING

Exercise 1: In this unit, you will practise the skills you need to do table completion tasks in the IELTS Listening test. The conversation in this unit is about health. This is a common topic in IELTS. Match the words and phrases with the definitions.

assessment

corporate deal

dedication

exclude

organic

sustainable

treatment

- 1 to intentionally not include something:
- 2 an offer exclusively for businesses or companies:
- 3 able to continue over a period of time:
- 4 not using artificial chemicals in the growing of plants and animals for food:
- 5 the use of medicine, exercises, etc. to cure a person of an illness or injury:
- 6 the willingness to give a lot of time and energy to something because of its importance:

Exercise 2: Read the information. Then listen to a telephone conversation about gym membership. Choose the two membership options mentioned by the speakers. (Track 2.1)

You may be asked to choose correct answers from a list. You will usually hear words from the incorrect answers, so be careful to listen for the meaning rather than just for the words themselves.

- ☐ A Corporate at any time of day
- ☐ B Corporate with some time conditions
- ☐ C Family including up to four children aged under 16
- ☐ D Family with unlimited pool use at weekends
- ☐ E Family including unlimited pool use for under-13s

Exercise 3: Read the information. Then listen to two friends talking about a health spa. Complete the table. Write NO MORE THAN TWO WORDS AND / OR A NUMBER for each answer. (Track 2.2)

Table completion questions are always heard in order. As well as using the headings to help you predict the answers, check if you need to read horizontally or vertically. Don't miss an answer because you're reading in the wrong direction!

RelaxWell Spa

Treatment	Benefits	Time and cost	Special offers
Floating seaweed foot massage for tired, aching feet	1 _____ removal	60 minutes, £45	None available
Indian head massage	Reduces stress Improves energy and 2 _____	60 minutes, 3 £ _____	Taster, £30, pay in advance
Rejuvenating facial for tired eyes and skin	Restores youthful 4 _____ Removes bags and circles	90 minutes, £80	5 £ _____ when booked with another treatment

Exercise 4: Listen to a conversation between a gym member and a personal trainer. Complete the notes. Write **NO MORE THAN TWO WORDS AND / OR A NUMBER** for each answer. The first one has been done for you. (Track 2.3)

Personal training notes

Member name: **Example** Sue Lanesdown Aims: 1 and lose weight

Current:

2 per month Use: treadmill, stretching

Lifestyle: 4

Recommended:

Three times per week, 3 minutes Use: cross-trainer, lift 5

Lifestyle: more active

Exercise 5: Listen to the rest of the conversation between the gym member and the personal trainer. Choose the **two** changes that the personal trainer recommends. (Track 2.4)

Questions 6–7

- ☐ **A** reduce intake of both fat and sugar
- ☐ **B** reduce intake of either fat or sugar
- ☐ **C** increase intake of fruit and vegetables
- ☐ **D** walk a minimum of 30 minutes daily
- ☐ **E** walk to work and avoid using the lift

Exercise 6: Listen to two friends talking about a festival in their town. Complete the table. Write **NO MORE THAN TWO WORDS AND / OR A NUMBER** for each answer. The first one has been done for you. (Track 2.5)

Healthy Eating and <i>Lifestyle</i> Festival		Date: Saturday 1 July
What's on:	Where:	Includes:
Grow Your Own	City Allotments	Advice on growing vegetables from local gardening expert Sheila 2
Organic is Best	Open-Air Market	Benefits of eating organically-grown 3 with Ken Miller
Sustainable Fish	4	Warnings about fish farming 5 by Percy Green
Improve Your 6	Billings Park	Talk on the benefits of daily exercise by renowned 7 Harriet Asam
<u>Tickets:</u> 8 £	<u>Concessions:</u> OAP, £12, Children under 16, £10.25, Under-3s, 9	<u>Tickets available online at:</u> 10