

Listening

1 You will hear an expert talking about waist fat. For questions 1-4, choose the correct answers, **A**, **B** or **C**.

1 Dr Ling

A specialises in men's health issues.

B was once overweight.

C is the world's youngest obesity expert.

2 Carrying waist fat is more serious

A than carrying it elsewhere on the body.

B for skinny people than for fat people.

C for men than for women.

3 The best way to determine if you have too much fat around your waist is to

A see if your waist measures over 40 inches.

B compare your waist and hip measurements.

C check your risk of developing diabetes

4 Whether a man puts on waist fat depends mostly on

A his genes.

B how physically active he was when young.

C his lifestyle choices.

5 When it comes to weight gain around the waist, beer

A is the worst type of alcohol.

B is probably less harmful than wine.

C is no worse than most other forms of alcohol.

2 You will hear five people talking about their allergies and how they affect their lives. Write the number of a speaker into given boxes (**A-F**). There is one statement that does not match any speaker.

A It was years before I understood what causes my allergy.

B I have tried everything but I can't stop it .

C I can't take any risks with my allergy.

D At least I only suffer for a part of the year.

E Good housekeeping keeps my allergy away.

F There's not much I can do but wait for the pain to go away.

Speaker 1

Speaker 2

Speaker 3

Speaker 4

Speaker 5