

## UNIT 3: PEOPLE'S BACKGROUND

*Listen to the five people talking about their favorite way to relax and choose the correct answer A, B or C.*

1. Jim thinks that people who feel sad shouldn't \_\_\_\_\_.

A. forget about their problems

B. read a funny book

C. read a sad book

2. Elena thinks that if you want to do yoga, you should \_\_\_\_\_.

A. do it at your own home

B. find the right teacher

C. not pay lots of money

3. According to Kate, a common reason for not doing regular exercise is \_\_\_\_\_.

A. it takes too much time

B. it is too expensive

C. it will make a person tired

4. How much time does Mike usually spend outside on his lunch break?

A. 20 minutes      B. 30 minutes      C. 60 minutes

5. Which does Mark do to help him relax?

A. He drinks some green tea

B. He has a cup of tea before bed

C. He tries to get enough sleep