

UNIT 2: IT'S GOOD FOR YOU

MULTIPLE CHOICE

Choose the correct answers for Questions 1–5.

1. According to Debbie, why do some people fail to eat a balanced diet?
 - A. They don't know how to cook
 - B. They don't have enough time to cook
 - C. They don't feel hungry enough to cook
2. Debbie recommends that staff should keep fit by
 - A. Using a gym
 - B. Taking up a new sport
 - C. Changing some daily activities
3. Which benefit of exercise does Debbie think is most important?
 - A. It helps you sleep
 - B. It keeps your heart healthy
 - C. It improves mental skills
4. What advice does Debbie give the nurses about health and safety?
 - A. To avoid drinking coffee
 - B. To use the canteen at night
 - C. To take regular breaks
5. When she talks about hygiene, Debbie asks the nurses to
 - A. Wash their hands regularly
 - B. Keep away from germs
 - C. Help with the cleaning

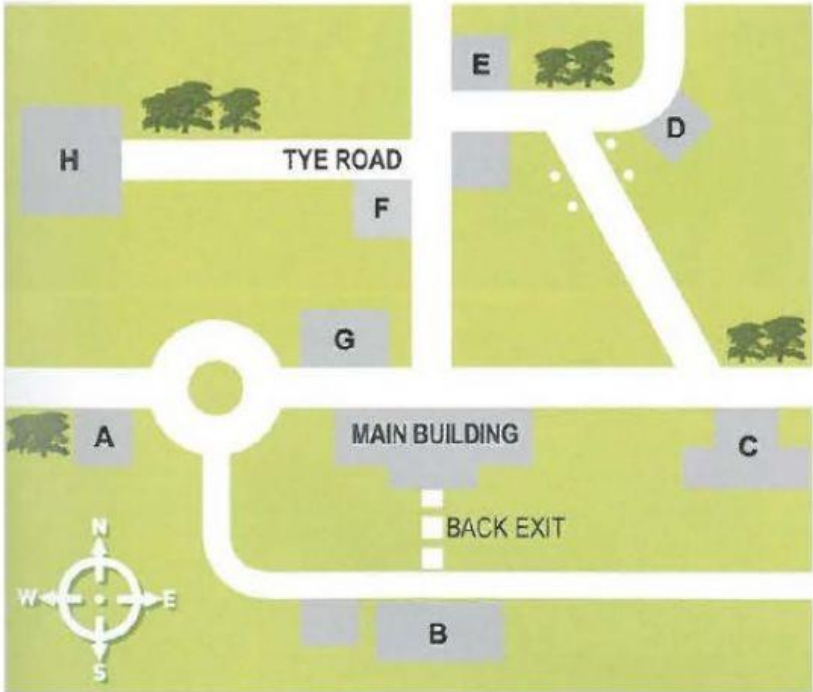
Look at the places A-H on the map below. Pick a place and tell your partner how to get there from the main building. Use the words and expressions in the box to help you.

Next to	traffic lights	west/east (of)
turn (east/west/left/right)		behind
opposite	go straight on	go past/beyond
corner	bend	roundabout

You go out of the front of
the main building and it's
directly opposite you

It's G

Now listen and label the map below. Write the correct letter A- H next to questions 6-10.



- 6. Recreation centre
- 7. Health centre
- 8. Swimming pool and sauna
- 9. Health-food store
- 10. Jenny's Restaurant