

UNIT 2 - HEALTH

Skills 2-Listening



2. Listen to the interview with an ironman. Tick (✓) the problems he had as a child.

headache	
toothache	
stomachache	
allergy	
sick	

3. Listen to the interview again. What advice does he give about preparing for the event?

Do more exercise	
Eat more fruit/ vegetables	
Sleep more	
Eat less junk food	
Watch less TV	