

Vocabulary Worksheet 10

Developing Tactics for Listening Third Edition

Part 1

Match the words and phrases on the left to their definitions on the right.

- | | |
|--------------|--|
| 1. aerobics | A. eating habits |
| 2. diet | B. to make better |
| 3. in shape | C. surgery |
| 4. give up | D. accustomed to; familiar with |
| 5. go out | E. to stop trying to do something |
| 6. goal | F. in good health |
| 7. improve | G. to leave your house for fun |
| 8. operation | H. about love |
| 9. romantic | I. something that you want to do very much |
| 10. used to | J. exercise that is good for the heart |

Part 2

Use the words and phrases from Part 1 to complete the sentences below.

- | | |
|---|---|
| 1. Jogging was difficult at first, but I became _____ it. | 6. I realized that I couldn't do it, so I decided to _____. |
| 2. The girl needs an _____ to remove her tonsils. | 7. Why don't we _____ tonight for dinner and a movie? |
| 3. I hope to _____ my health by exercising daily. | 8. My _____ is to lose 10 pounds in three months. |
| 4. My _____ consists mostly of fruits and vegetables. | 9. The candles made the restaurant feel more _____. |
| 5. _____ give you more energy. | 10. My doctor said I should get _____ so I don't get sick. |

Unit 10 Test

Name: _____

Date: _____

Total Score ☐ 10

1. Let's Listen

People are talking about exercise. What phrase completes each statement?
Listen and write the correct letter.

- | | | |
|---------------------------|---|-------------------------------|
| 1. Jim is lifting weights | — | a. to get some fresh air. |
| 2. George is walking | — | b. to lose weight. |
| 3. Phyllis is swimming | — | c. to reduce stress. |
| 4. Ted is playing tennis | — | d. to be strong and flexible. |
| 5. Brenda is doing yoga | — | e. to have a healthy heart. |

☐ 5

2. Let's Listen

JoAnn is talking about her exercise habits. Check (✓) the activities she likes or doesn't like.

	Likes	Doesn't like
1. soccer	☐	☐
2. jogging	☐	☐
3. tennis	☐	☐
4. lifting weights	☐	☐
5. swimming	☐	☐

☐ 5