Learn English with pleasure!

Listening practice

1 You will hear five different people talking about cooking. For questions 1-5, choose from the list (A-F) what each speaker says. Use the letters only once. There is one extra letter which you do not need to use.

A I prefer eating food to cooking it.
B Cooking plays a role in my following someone's advice.
C My job means I prefer to eat simply.
D You have to be well-organised if you want to cook well.
E It's surprising how easy it is to cook.
F Cooking brings some variety into my life.

Speaker 1 ☐
Speaker 2 ☐
Speaker 3 ☐
Speaker 4 ☐
Speaker 5 ☐

2 You will hear a radio interview with a famous cardiologist. For questions 1-6 decide whether the statements are true (*T*) or false (*F*).

1 Heart attacks are more common now than they were in the past. .....
2 Dr Shaw says most people would eat a healthier diet if they had more time. .....
3 If you have a healthy diet, with lots of fruit and vegetables, you don't have to exercise. .....
4 Dr Shaw recommends joining a gym. .....
5 Dr Shaw says men in their 50s tend to smoke and drink too much coffee. .....
6 Dr Shaw implies men are more at risk of heart attacks than women. .....

17 Fill in the correct word derived from the words in bold.



Mood Food

Did you know that what you eat can have a drastic effect on your feelings? We all know that what we eat affects us **0)** *physically* but did you know some foods affect us **1)** ....., too? **2)** ..... have shown that chocolate can lift your spirits and make you feel happier. However, the effect lasts only for a short time. The **3)** ..... fibre foods on the other hand can make people feel positive, **4)** ..... and think quicker. Research shows that people who eat such a diet tend to be less stressed, less tired and less **5)** ..... than people who don't. Also, they are able to think lots more **6)** ..... . Nevertheless, other foods can have a **7)** ..... effect on us such as coffee, eggs, sugar and foods that contain a lot of artificial **8)** ..... and preservatives. These foods can make us feel sad, **9)** ..... and prone to panic attacks. Foods that have been proven to lift up your spirits are **10)** ..... fish, salads, fruit, cereals and nuts.

PHYSICAL
MENTAL
STUDY

HEIGHT
ENERGY

DEPRESS

QUICK
NEGATION

FLAVOUR
ANXIETY

OIL

ary Mulyarchik

LIVEWORKSHEETS