

GROW ENGLISH CENTER
UNIT 2: HEALTH

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

1. Do more exercises.	
2. Eat more fruit/ vegetables.	
3. Sleep more.	
4. Eat junk food.	
5. Watch less TV.	

2. Are the following sentences true (T) or false (F)?

1. He wanted to do sports because of his friends.	
2. Taking up sports was easy.	
3. He takes part in this event only in Viet Nam.	
4. In this event, you swim, run, and climb.	
5. This event uses more than 6000 calories.	

3. Listen again and fill the gaps.

A: Were you sporty as a child?

B: No, I always felt sick and weak. I had 1..... too, so I always had a runny nose, and itchy skin.

A: When did that change?

B: My friends started doing sports. I wanted to, too. My sports instructor said "Do more 2....., or continue to feel sick. It's up to you!"

A: Was it easy?

B: No! It was hard. I did more exercise, so my body ached. But slowly I felt better.

A: What do you do now?

B: I do triathlons around the world. It's a tough 3 You have to swim, run, and ride a bike. I use around 4. calories in one event!

A: How do you prepare?

B: Three great things to do before the race are: eat more 5 food, sleep more, and do more exercise. Then you'll be ready.