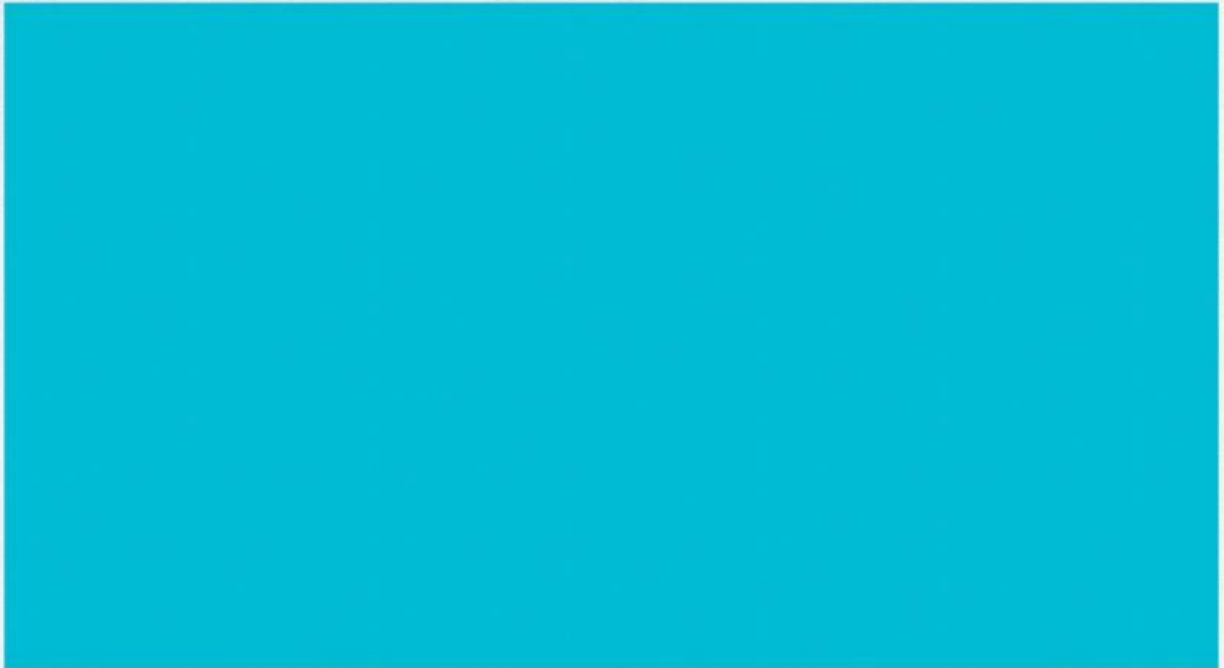


Getting Ready



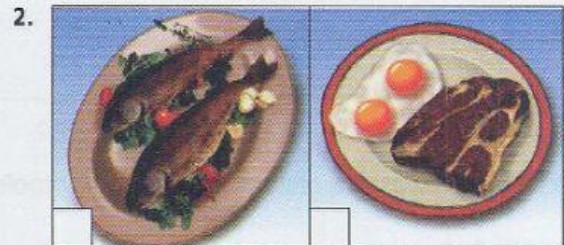
Listening 1

People are talking about their eating habits. What does each person eat now? Listen and check (✓) the correct picture.



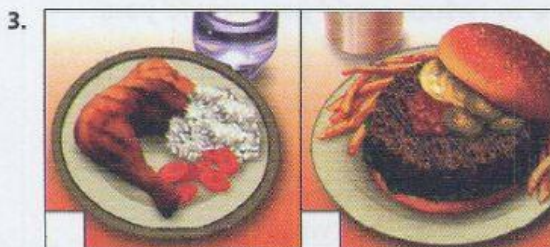
a.

b.



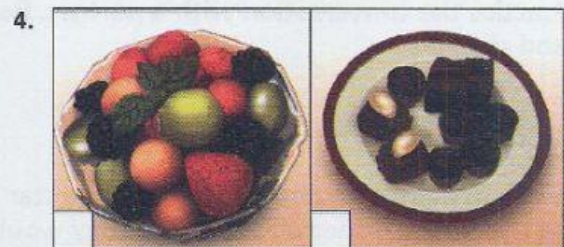
a.

b.



a.

b.



a.

b.

Listening 2

CD 3-28 ► Task 1

A doctor is talking to her patients about nutrition. What advice does she give each person? Listen and circle the correct answer.



- | | |
|---|--|
| 1. a. eat fewer vegetables
b. eat less cheese
c. eat a lot of fat | 4. a. eat less bread
b. eat more meat
c. eat less fruit |
| 2. a. don't eat fish
b. eat more vegetables
c. eat more fruit | 5. a. eat more cheese
b. don't drink milk
c. eat more protein |
| 3. a. eat less meat
b. eat less fruit
c. eat more meat | 6. a. don't drink milk
b. don't eat candy
c. eat more vegetables |

CD 3-28 ► Task 2

Listen again. What is each person's health problem? Write the correct letter.

- | | |
|-----------------------|-------------------------------------|
| 1. Mr. Grant <u>d</u> | a. is losing too much weight. |
| 2. Linda ____ | b. has stomachaches. |
| 3. Chris ____ | c. needs to lose weight. |
| 4. Ms. Barton ____ | d. has high cholesterol. |
| 5. Mr. O'Brien ____ | e. has been feeling tired and weak. |
| 6. Mrs. Johnson ____ | f. has high blood pressure. |

Listening 3

CD 3-29 ► Task 1

A cheesemaker is giving a talk about cheese. Are these statements true or false? Listen and check (✓) the correct answer.



	True	False
1. Cheese was first made over 3,000 years ago.	☒	☐
2. Cheese contains vitamins.	☐	☐
3. Most cheese in the United States is made from goat's milk.	☐	☐
4. Cheese doesn't contain water.	☐	☐
5. The process of making cheese was probably discovered by chance.	☐	☐
6. Pasteurized milk contains bacteria.	☐	☐
7. Carbon dioxide is added to pasteurized milk to make cheese.	☐	☐
8. Curd is a liquid.	☐	☐



CD 3-29 ► Task 2

Listen again. How is cheese made? Number the steps from 1 to 5.

The milk forms a solid substance. ____

Specially cultivated bacteria are added to the milk. ____

The milk is heated to remove all bacteria. 1

The curd is removed and drained. ____

The milk is kept warm so the cultures can grow. ____

Dictation

CD 3-31 ► Task 1

Listen to the conversation. Write the missing words.

A: Hi. I'm Jane, and I'll be your server this evening. What would you like to drink?

B: I'll just have some water, thanks.

A: Okay. And what _____ to eat?

B: Could you tell me what types of vegetables come with the roast chicken?

A: Sure. It comes with _____.

B: Okay. Then I'd like the roast chicken and vegetables, please. And I'd like a piece of apple pie for dessert.

A: Okay, that's roast _____, and a piece of apple pie.