

D. LISTENING & SPEAKING

Exercise 1: Match the statements with the activities.

<i>drink more water</i>	<i>play sport</i>	<i>go out with friends</i>
<i>go out with friends</i>	<i>get enough sleep</i>	<i>go cycling</i>
<i>go for a walk</i>	<i>enjoy art and music</i>	



1 _____



2 _____



3 _____



4 _____



5 _____



6 _____



7 _____



8 _____

Exercise 2: Listen to the speakers and choose the correct answers, True or False.

1 The speaker thinks enjoying art and music is expensive. (🔊 *Track 8.1*)

☐ True ☐ False

2 The speaker thinks reading isn't interesting. (🔊 *Track 8.2*)

☐ True ☐ False

3 The speaker thinks going out with friends isn't expensive. (🔊 *Track 8.3*)

☐ True ☐ False

4 The speaker thinks getting enough sleep is important. (🔊 Track 8.4)

☐ True ☐ False

5 The speaker thinks drinking water is healthy. (🔊 Track 8.5)

☐ True ☐ False

6 The speaker thinks playing basketball is relaxing. (🔊 Track 8.6)

☐ True ☐ False

Exercise 3: Listen to Susan talking about the Park Health Centre. Choose *have to* or *don't have to* to complete the sentences. (🔊 Track 8.7)

1 You *have to/ don't have to* feel ill or sick to visit the center.

2 You *have to/ don't have to* be a member to visit the center.

3 Members *have to/ don't have to* live in the local area.

4 You *have to/ don't have to* be looking for advice for a health problem to join the center.

5 If you want to join yoga or Pilates classes, you *have to/ don't have to* have some experience.

6 You *have to/ don't have to* be a great cook to do the healthy eating classes.

Exercise 4: Listen and match each opinion with one of the two speakers, David or Emma.

(🔊 Track 8.8)

	David	Emma
1 You should do exercise with other people.	☐	☐
2 You don't have to be fit to play sport.	☐	☐
3 You shouldn't eat fast food.	☐	☐
4 You shouldn't eat fast food.	☐	☐
5 You should drink tea and lots of water.	☐	☐
6 You should watch a few hours of TV to relax	☐	☐
7 You shouldn't listen to music when you study.	☐	☐

Exercise 5: Match the words and phrases.

1 join	●	●	outdoors
2 exercise with other	●	●	healthy diet
3 exercise	●	●	personal trainer
4 pay for a	●	●	healthy
5 follow a	●	●	the gym
6 focus	●	●	people
7 take	●	●	on exams
8 keep	●	●	regular breaks from computer work

Exercise 6: Complete the sentences with *should* or *shouldn't* and a verb from the box to give good advice.

Two verbs in the box are used twice.

drink	eat	get	spend
-------	-----	-----	-------

- 1 You _____ a lot of water when you do exercise.
- 2 Young people _____ too much time playing computer games.
- 3 If you want to _____ lots of fruit and vegetable if you want to be healthy.
- 4 You _____ lots of fruit and vegetables if you want to be healthy.
- 5 If you want to be fit, you _____ fast food.
- 6 When you are young, you _____ a lot of sleep every night.

Exercise 7. Ahmed, Ewa and Bik now live in the UK. Listen to information about their journeys in the past and now. Choose True or False. (🔊 Track 8.9)

	True	False
1 Ahmed is from Dubai.	☐	☐
2 To get to classes, he took the metro and then walked for a bit.	☐	☐
3 He now goes to work on a motorbike.	☐	☐
4 Ewa studied engineering.	☐	☐
5 In Poland, she travelled to work by tram.	☐	☐
6 Ewa now goes to work by tram.	☐	☐
7 Bik travelled to college in Beijing by train.	☐	☐
8 She goes to school in Cardiff by underground.	☐	☐
9 Her journey now takes over an hour.	☐	☐

Exercise 8: Look at the picture and complete the description. Use the phrases in the box.



I think	because	is drinking	is eating	is playing	is sitting
	it looks	the picture shows	there are		

_____ a boy in a living room. _____ some chairs, a sofa, a table, a lamp, a television and a computer. The boy _____ fast food such as burger and chips, and he _____ cola. I think the boy should eat more fruit and vegetables and drink more water _____ he doesn't look very healthy. He shouldn't eat fast food and drink cola. He should play some sports as well. _____ the boy _____ video games because he _____ in front of his computer. _____ like he's a little bit too heavy so he should do some exercise.

Exercise 9. Look at the picture and read the instructions. Spend a few minutes thinking about what to say.



In your talk, you should:

- talk generally about what you can see
- give specific details about the picture
- give your opinion and reasons
- use words and language related to health
- give advice using *should* and *shouldn't*
- talk for 1–2 minutes