

ENGLISH 7 – UNIT 2 – EXTRA LISTENING SKILL

Task 1. Listen and fill in each gap with no more than three words.

A: So, can we to live longer?

B: Yes, that's absolutely true.

A: Does help you recover?

B: No, false. at the same time is better.

A: Should we eat, like sushi?

B: No. Sushi is great. But we shouldn't eat too much.

A: And sitting too close to the TV?

B: No, it's not how It's how long you watch TV for.

A: How about we drop. Is it OK?

B: No, that's a myth! You shouldn't eat it, ever!

A: OK, last one. Do vegetarians

B: No, that's false. You to get your vitamins.

Task 2. Listen and fill in each gap with no more than three words.

A: Were you as a child?

B: No, I always felt I had allergies too, so I always had a , and

A: When did that?

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

A: Was it

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

A: What do you do now?

B: I do triathlons around the It's a tough You have to swim, run, and ride a bike. I use around 6,500 calories in one event!

A: How do you?

B: to do before the race are: more healthy food, more, and more exercise.

Then you'll be