

Homework



B

Listening for Main Ideas. Read the questions below. Then listen again and check (✓) the main ideas you hear.

1. What advice does the nurse give for preventing heart disease?

- | | | |
|---|---|---|
| ☐ Get your blood pressure checked. | ☐ Eat less salt and sugar. | ☐ Get enough exercise. |
| ☐ Visit your doctor. | ☐ Drink a lot of water. | ☐ Read more about heart disease. |

2. What does the nurse say are some common causes of heart disease?

- | | | | |
|--|----------------------------------|---------------------------------------|---|
| ☐ high blood pressure | ☐ smoking | ☐ living alone | ☐ high blood sugar |
|--|----------------------------------|---------------------------------------|---|



C

Listening for Details. Listen again and choose the correct word or phrase to complete each sentence.

- According to the nurse, if you have high blood pressure, you need to _____.
a. do something about it b. take medication
- According to _____, healthy eating habits can keep your weight and your blood pressure down.
a. medical journals b. government reports
- To deal with stress, the nurse suggests going for a walk or _____.
a. talking to a friend b. taking a yoga class