

UNIVERSITY OF TECHNOLOGY AND APPLIED SCIENCES- IBRA

LEVEL – THREE – LISTENING

Unit 1 Listening 1. Use the words in the boxes correctly to complete the text.

stress	diseases	diet	cause	consists of,
prevent	likely	attitude	habits	provide

I have known my friend David for many years. He was my classmate at college. He is .a very busy manager of a big company who works long hours, so he has a lot of 1. _____ in his life. He cannot lead a healthy lifestyle because of his busy schedules. This 2. _____ him a lot of health problems like high blood pressure and headaches. He also has some bad 3. _____ like smoking and drinking. He doesn't usually eat a healthy 4. _____ because he has to eat from fast food restaurants to save time. He has become obese and his doctor has warned him that he is 5. _____ to get diabetes or other 6. _____ like stroke and liver problems. His doctor has advised him to do enough exercise to 7. _____ serious health problems. However, his 8. _____ towards the doctor is not positive and he often ignores him. His family 9. _____ of his aging parents, wife and three kids. He works hard to 10. _____ them everything they need, but I feel that he cannot continue living like this for long.

(BIJU C THOMAS)