

Listening:

- A** ▶ 3:35 **LISTEN FOR MAIN IDEAS** Listen to people talk about their fitness and eating habits. Check the box next to the name if the person exercises regularly.



Mark Newell ☐



Rika Oinuma ☐



Richard Clark ☐

- B** ▶ 3:36 **LISTEN FOR DETAILS** Now listen again and check each person's habits.

	Mark	Rika	Richard
1 goes to a gym	☐	☐	☐
2 takes exercise classes	☐	☐	☐
3 exercises outside	☐	☐	☐
4 avoids grains	☐	☐	☐
5 avoids desserts	☐	☐	☐
6 avoids fatty foods	☐	☐	☐
7 eats smaller portions	☐	☐	☐
8 eats a lot of seafood	☐	☐	☐
9 eats slowly	☐	☐	☐

- A** ▶ 3:39 Listen to the conversations. Check the statements that are true.

- | | |
|---|---|
| 1 ☐ He doesn't exercise regularly. | 3 ☐ He exercises regularly. |
| ☐ He avoids junk food. | ☐ He has to be careful about calories. |
| ☐ He never watches TV. | ☐ He can eat everything he wants. |
| 2 ☐ She's in great shape. | 4 ☐ Dave Heeley can't use his legs. |
| ☐ She hardly ever goes swimming. | ☐ Dave Heeley can't see. |
| ☐ She exercises regularly. | ☐ Dave Heeley doesn't need help. |