

## LISTENING TEST 3

**A** Listen to people talking about their lifestyles. Choose (✓) *True* or *False*.

- |                                 | True                     | False                    |
|---------------------------------|--------------------------|--------------------------|
| 1. Brian works with computers.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. He walks to work every day.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. He only eats pizza.          | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Erin doesn't enjoy her work. | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. She does tai chi to relax.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. She usually cooks at home.   | <input type="checkbox"/> | <input type="checkbox"/> |



**B** Listen again and complete the advice. Who is the advice for? Write *B* (Brian), *E* (Erin), or *BO* (both).

1. You should get some exercise. B
2. You \_\_\_\_\_ drive everywhere. \_\_\_\_\_
3. You \_\_\_\_\_ eat so much fast food. \_\_\_\_\_
4. You \_\_\_\_\_ cook fresh food. \_\_\_\_\_
5. You \_\_\_\_\_ drink so much soda. \_\_\_\_\_



**C** **Listening PLUS.** Listen to more of Brian and Erin. Choose the correct answer.

- |   |   |
|---|---|
| <ol style="list-style-type: none"> <li>1. Erin wants to talk to Brian because ____.</li> <li style="margin-left: 20px;">a. she thinks she knows him</li> <li style="margin-left: 20px;">b. she saw him earlier</li> </ol> | <ol style="list-style-type: none"> <li>4. Brian's idea of exercise is ____.</li> <li style="margin-left: 20px;">a. walking to his car</li> <li style="margin-left: 20px;">b. driving to the gym</li> </ol>                  |
| <ol style="list-style-type: none"> <li>2. Erin is drinking something and Brian ____.</li> <li style="margin-left: 20px;">a. wants to try it</li> <li style="margin-left: 20px;">b. doesn't like it</li> </ol>             | <ol style="list-style-type: none"> <li>5. Erin thinks that Brian should ____.</li> <li style="margin-left: 20px;">a. walk to the gym every day</li> <li style="margin-left: 20px;">b. walk to the gym sometimes</li> </ol>  |
| <ol style="list-style-type: none"> <li>3. Erin and Brian ____.</li> <li style="margin-left: 20px;">a. both drink a lot of soda</li> <li style="margin-left: 20px;">b. are both drinking coffee</li> </ol>                 | <ol style="list-style-type: none"> <li>6. Erin and Brian want to ____.</li> <li style="margin-left: 20px;">a. change their lifestyles</li> <li style="margin-left: 20px;">b. change their lifestyles immediately</li> </ol> |

**D**

Listen. Choose the best answer to the question.

1. How often does Jessica exercise?
  - A) every day
  - B) a few days a week
  - C) a few times a month
2. What does Dr. Royce say does more for your health?
  - A) medicine
  - B) exercise
  - C) food
3. What food does Dr. Royce tell Jessica not to eat a lot of?
  - A) unhealthy food
  - B) fresh food
  - C) fish

**E**

Listen again. Choose the best word or phrase to complete the sentence.

1. Jessica is most interested in \_\_\_\_\_.
  - A) exercising
  - B) reducing stress
  - C) having more energy
2. Dr. Royce thinks that \_\_\_\_\_ is the best exercise for Jessica.
  - A) yoga
  - B) walking
  - C) meditation
3. Dr. Royce wants Jessica to drink \_\_\_\_\_.
  - A) water
  - B) soda
  - C) coffee

**F** True or False Exercises:

- 1.- Dr. Royce asks Jessica if she has been exercising regularly.  
A.- True      B.- False
- 2.- Jessica says she exercises a few times a week.  
A.- True      B.- False
- 3.- Dr. Royce suggests that Jessica should try yoga to reduce stress.  
A.- True      B.- False
- 4.- Jessica has to attend yoga class every day to see the benefits.  
A.- True      B.- False
- 5.- Dr. Royce recommends walking outside a few days a week as a good way to get exercise.  
A.- True      B.- False
- 6.- Jessica is advised to eat a lot of unhealthy food.  
A.- True      B.- False
- 7.- Dr. Royce suggests drinking a lot of coffee for better health.  
A.- True      B.- False
- 8.- Water is always the best choice when it comes to drinks, according to Dr. Royce.  
A.- True      B.- False