B2	Diet Books	LC003

Listen to the recording about reviews of diet books. While listening, choose the correct answer (A,B,C or D) and write it into the space in the answer box.

Diet Books
https://www.npr.org/player/embed/102604793/102863544

1. **According to the presenter, Maria Langer says**
   A. she has spent quite a lot of money on diet books.
   B. she has spent some money on diet pills.
   C. the Suzanne Summer's book was a good investment.
   D. she will also buy the latest Zone book.

2. **Maria Langer thinks diet books make us believe that**
   A. everybody can get a flat belly if they follow a special diet.
   B. dieting does not involve hard work.
   C. you can lose 13 plus pounds in a week.
   D. slimming means eating crunchy foods only.

3. **Edward Ash-Milby states that a diet book is successful if**
   A. there is a person with a flat belly on the cover.
   B. fast weight loss is guaranteed.
   C. the content is original.
   D. muscular people promote the book.

4. **Bethenny Frankel's book**
   A. is about a reality TV chef.
   B. wants to warn girls about the danger of dieting.
   C. is about naturally thin girls.
   D. helps you to rid yourself of slimming.

5. **Ash-Milby says that**
   A. every diet has to be repeated.
   B. people are hooked on losing weight.
   C. people try new diets again and again.
   D. success depends on the concept of the diet.

6. **When Lay wanted to lose weight she had to**
   A. hire a special nutritionist.
   B. change the way she chewed food.
   C. give up eating sweet milk products.
   D. eat smaller portions of yoghurt.

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7. **Now Lay stays slim by**
    A. counting calories.
    B. exercising once a week.
    C. checking the calories in diet books.
    D. cutting down on carbohydrates.

8. **Cameron believes that the best way to lose weight is to**
    A. exercise with heavy weights.
    B. drink sugar-free, watery fruit juice.
    C. write down your ideas on diet books.
    D. make notes of your food intake.

1	2	3	4	5	6	7	8

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