

4.3

LISTENING

Matching

I can understand the main points of a narrative about a familiar topic.

- 1 **SPEAKING** Look at the photos in the leaflet and decide whether they show healthy or unhealthy diets.
- 2 Take *The Healthy Diet Test* and compare your results with a partner.

The Healthy Diet Test

Remember, the more ticks you get, the healthier you are.

- 1 I don't eat too much salt (e.g. in crisps and fast food).
- 2 I don't eat too much sugar (e.g. in sweets and fizzy drinks).
- 3 I am not difficult or fussy – I like most things.
- 4 I have a balanced diet – I eat a variety of different kinds of fresh food.
- 5 I eat fish at least once a week.
- 6 I don't eat red meat more than three times a week.
- 7 I feel well – I have plenty of energy.
- 8 I look well – my skin and my hair look healthy.



- 3 **2.7** Listen to a nutritionist giving advice. Which statement in *The Healthy Diet Test* does she not mention at all?

EXAM FOCUS Matching

- 4 **2.8** Listen to four people talking about their diets. Match statements A–E with speakers 1–4. There is one extra statement.

Speaker 1: Speaker 2: Speaker 3: Speaker 4:

The speaker's diet ...

- A is based on fresh local produce.
- B doesn't involve any cooking.
- C used to include lots of sweet things.
- D is based on Mediterranean produce.
- E changed when he/she became a teenager.

- 5 **2.8** Answer the questions. Is it speaker 1, 2, 3 or 4? Listen again and check.

- 1 Who couldn't become a vegetarian?
- 2 Who has a lot of energy?
- 3 Who supports animal rights?
- 4 Who rarely eats the same thing as his/her family?
- 5 Who doesn't use animal products?
- 6 Who has realised that his/her favourite food is unhealthy?

- 6 **SPEAKING** Discuss the questions in Exercise 5 about your family and friends.

My sister is a vegan and supports animal rights. She never eats the same things as the rest of my family, because they all love meat.

WORD STORE 4D Collocations

- 7 **2.9** Complete the collocations in WORD STORE 4D with *diet*, *food*, *meal* and *snack*. Then listen, check and repeat.

- 8 You are going to find out how well you know your partner's attitude to food.

- Write three true sentences and one false one to describe your attitude to food.
- Begin your sentences with *I ...* or *My ...* and include the collocations in Exercise 7.
- Swap your sentences with a partner.
- Guess which sentence is false.

*I think I have a very balanced diet.
I often have a quick snack between meals.
I have a hot meal every lunchtime.*

PRONUNCIATION FOCUS

- 9 **2.10** Listen and repeat the words. Notice that the vowels in green have the same sound in each group.

1 coffee	orange	cauliflower
2 beef	beans	_____
3 grapes	cakes	_____
4 banana	avocado	_____
5 cabbage	spinach	_____

- 10 **2.11** Add the words in the box to the correct group in Exercise 9. Then listen, check and repeat.

cauliflower lettuce potato
sardines tomato