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

LIVEWORKSHEETS