1 9.01 **Listen to a conversation between two friends. What two pieces of advice does Magda give Chris?**

2 **Listen again. Are the sentences true (T) or false (F)?**

1 Chris wants to try a new diet. ___
2 You can't eat cheese on the diet. ___
3 Magda thinks the diet sounds good. ___
4 Chris doesn't want to stop eating bread. ___
5 Magda says Chris should do something that helps him get slim quickly. ___
6 Chris wants to go cycling. ___
7 Magda says Chris should only eat healthy food. ___
8 She suggests using an app. ___

3a **Choose the correct option, a or b.**

1 Chris talks about a diet with ___ fat.
a a lot of b very little
2 The diet includes ___ bread.
a a lot of b a little
3 Magda thinks 'fad' diets are ___.
a healthy b unhealthy
4 Magda thinks Chris should ___ more often.
a exercise b eat
5 She says he should have ___ meals.
a smaller b bigger
6 She suggests using an app to ___ what he eats.
a record b improve

b **Listen again and check.**

4 **Match the words/phrases in extracts 1–3 with meanings a–c.**

1 It sounds like a **fad** to me. ___
2 Think about the **long term**. ___
3 That way it can be part of your everyday **routine**. ___

a the usual order which you do things
b happening for a long time
c something that is popular for a short time

LIVEWORKSHEETS