

UNIT 2: HEALTH

LISTENING

Exercise 1: In this unit, you will practise the skills you need to do table completion tasks in the IELTS Listening test. The conversation in this unit is about health. This is a common topic in IELTS. Match the words and phrases with the definitions.

assessment

corporate deal

dedication

exclude

organic

sustainable

treatment

- 1 to intentionally not include something:
- 2 an offer exclusively for businesses or companies:
- 3 able to continue over a period of time:
- 4 not using artificial chemicals in the growing of plants and animals for food:
- 5 the use of medicine, exercises, etc. to cure a person of an illness or injury:
- 6 the willingness to give a lot of time and energy to something because of its importance:

Exercise 2: Read the information. Then listen to a telephone conversation about gym membership. Choose the two membership options mentioned by the speakers. (Track 2.1)

You may be asked to choose correct answers from a list. You will usually hear words from the incorrect answers, so be careful to listen for the meaning rather than just for the words themselves.

- A Corporate at any time of day
- B Corporate with some time conditions
- C Family including up to four children aged under 16
- D Family with unlimited pool use at weekends
- E Family including unlimited pool use for under-13s

Exercise 3: Read the information. Then listen to two friends talking about a health spa. Complete the table. Write **NO MORE THAN TWO WORDS AND / OR A NUMBER** for each answer. (Track 2.2)

Questions 6–7

- A reduce intake of both fat and sugar
- B reduce intake of either fat or sugar
- C increase intake of fruit and vegetables
- D walk a minimum of 30 minutes daily
- E walk to work and avoid using the lift

Exercise 6: Listen to two friends talking about a festival in their town. Complete the table. Write **NO MORE THAN TWO WORDS AND / OR A NUMBER** for each answer. The first one has been done for you. (Track 2.5)

Healthy Eating and <i>Lifestyle</i> Festival		Date: Saturday 1 July
What's on:	Where:	Includes:
Grow Your Own	City Allotments	Advice on growing vegetables from local gardening expert Sheila 2
Organic is Best	Open-Air Market	Benefits of eating organically-grown 3 with Ken Miller
Sustainable Fish	4	Warnings about fish farming 5 by Percy Green
Improve Your 6	Billings Park	Talk on the benefits of daily exercise by renowned 7 Harriet Asam
<u>Tickets:</u> 8 £	<u>Concessions:</u> OAP, £12, Children under 16, £10.25, Under-3s, 9	<u>Tickets available online at:</u> 10