

# Unit 2: Healthy living

## Lesson: Listening

Name: \_\_\_\_\_  
Class: \_\_\_\_\_ Date: \_\_\_\_\_



### Part 1. Listen and choose the best option to complete the sentence.

Listen to the recording and choose A, B, C or D.

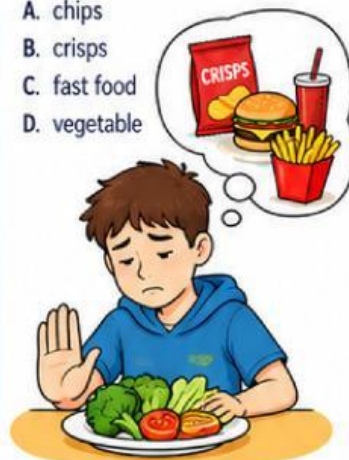
1. What are doctors in Britain worried about?



- A. health of teenagers
- B. health of the older
- C. health of children
- D. health of the doctors themselves

2. What do teenagers not eat much?

- A. chips
- B. crisps
- C. fast food
- D. vegetable



3. Why do teenagers not eat good food?

- A. they do not like it
- B. it is expensive
- C. it is unhealthy
- D. it is dirty



4. Where did fast food originate?

- A. England
- B. Australia
- C. America
- D. Vietnam



5. What is not one of the fast food brands?

- A. McDonald's
- B. Pizza Hut
- C. Tom and Jerry
- D. Burger King



6. What is not a type of fast food?

- A. hamburgers
- B. apples
- C. fries
- D. sandwiches



7. Why is fast food unhealthy?

- A. it does not contain salt and fat
- B. it is made dirtily
- C. it does not contain vitamins and minerals
- D. it has too much vitamins and minerals



8. Why do teenagers need a good diet?

- A. to live healthier
- B. to live longer
- C. to live better
- D. all of the above are correct



### Part 2. Post-listening activities

#### Exercise 1. Listen and write the missing words.

Write ONE word in each blank.

**Example:** Doctors in Britain are \_\_\_\_\_ because British teenagers eat a lot of crisps, sweets and fast food.

**Example answer:** worried

1. Doctors in Britain are \_\_\_\_\_ because British teenagers eat a lot of crisps, sweets and fast food.
2. Most teenagers do not eat enough fruit or \_\_\_\_\_.
3. More than one million British children are \_\_\_\_\_.
4. Some teenagers say that they do not have enough \_\_\_\_\_ to eat good food.
5. This can lead to many health \_\_\_\_\_ when they are older.
6. Fast food was born in America and \_\_\_\_\_ all over the world.
7. No one can deny the \_\_\_\_\_ of fast food.
8. Fast food is short of many important \_\_\_\_\_.
9. Doctors are giving young people books about a good \_\_\_\_\_.
10. They need to have a healthy diet to feel \_\_\_\_\_ and live longer.



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### Exercise 2. Listen again and complete each phrase with the missing words.

**Example:** This can lead to many health problems when they are older.

Listen and write the missing words.

1



British teenagers eat a lot of \_\_\_\_\_, sweets and fast food.

2



Most teenagers do not eat enough \_\_\_\_\_ or vegetables.

3



More than one million British children are \_\_\_\_\_.

4



Some teenagers do not have enough time to \_\_\_\_\_.

5



This can lead to many \_\_\_\_\_ when they are older.

6



Fast food is popular \_\_\_\_\_.

7



No one can deny the \_\_\_\_\_.

8



Eating too many hamburgers, fries and soda does not \_\_\_\_\_ with vitamins and minerals.

9



Fast food is short of many \_\_\_\_\_.

10



They need to have a healthy diet to \_\_\_\_\_ and live longer.



### Exercise 3. Each sentence has ONE mistake. Listen carefully and correct it.

**Example:** Fast food was born in Britain and popular all over the world. Britain → America

Listen and write the correct word.

1



Doctors in Britain are worried because British teenagers eat a lot of crisps, sweets and healthy food.

2



Most teenagers do not eat enough fruit or vegetables, and more than one million British children are underweight.

3



Some teenagers say that they do not have enough time to eat bad food.

4



This can lead to many health problems when they are younger.

5



Fast food was born in Britain and popular all over the world.

6



No one can deny the convenience of healthy food.

7



Fast food is full of many important nutrients.

8



They need to have a healthy diet to feel worse and live longer.