

- 3 **CD•1.2 MP3•2** Read the comments about three cult diets and choose the correct options. Then listen and check.

THE HONEY DIET



¹I try / I'm trying the Honey Diet at the moment. Basically, ²you use / you're using honey instead of sugar. Also, ³you avoid / you're avoiding junk food, ⁴you're always having / you always have breakfast and ⁵you drink / you're drinking lots of water and full-fat milk. Since I started the diet, ⁶I've been having / I've had so much more energy! ⁷I've lost / I've been losing a kilo this week.

Winnie19 20 Jan, 8.15 a.m.

THE PALEO DIET



⁸I've done / I'm doing the Paleo Diet. I eat like the cavemen! My diet ⁹consists / is consisting of meat, fish, fresh fruit and vegetables, eggs, nuts and seeds. ¹⁰I give up / I've given up wheat and dairy. ¹¹I think / I'm thinking it's a very natural way to eat. ¹²I'm following / I've been following the Paleo Diet ¹³for / since two months but ¹⁴I don't lose / I haven't lost any weight yet.

Flintstone# 21 Jan, 9.40 p.m.

THE 5:2 DIET



¹⁵I'm doing / I've been doing the 5:2 Diet ¹⁶for / since 1 January. It's simple: ¹⁷you eat / you're eating normally on five days of the week, but on two days ¹⁸you're only eating / you only eat 500 calories. I'm on a 500-calorie day today and ¹⁹I have / I'm having my breakfast – scrambled egg and some smoked salmon. That's the kind of diet ²⁰I like / I'm liking!

C@lorieCounter 22 Jan, 7.14 a.m.

- 3 **CD•1.3 MP3•3** Read the joke and choose the correct options.
Then listen and check. Do you like the joke? Why?/Why not?

The other day I ¹*was speeding / had sped* down a narrow, twisting mountain road on my bicycle. A man ²*had driven / was driving* very slowly uphill towards me.

As I ³*passed / had passed* him, he ⁴*was honking / honked* his horn and he ⁵*had shouted / shouted* at me. 'COW!' he yelled.

I was surprised because I ⁶*didn't do / hadn't done* anything wrong. But it ⁷*wasn't / hadn't been* the first time a driver ⁸*was shouting / had shouted* names at me, so I ⁹*ignored / was ignoring* him and I ¹⁰*carried on / was carrying on*.

- 5 **CD•1.4 MP3•4** Complete two more jokes with the correct past form of the verbs in brackets. Then listen and check.

A I've got a good joke about football. The FA Cup Final dinner and dance ¹ _____ (take) place in London. The party ² _____ (already/start) when three men ³ _____ (arrive). They ⁴ _____ (forget) their tickets, but they told the bouncer, 'It's all right, we're friends of the referee.'

So the bouncer said, 'I've never heard of a referee with three friends,' and ⁵ _____ (throw) them out.

B A man ¹ _____ (ride) a tandem when a police officer ² _____ (stop) him. 'What's the matter, officer?' asked the rider.

'You clearly haven't noticed, sir, but your wife ³ _____ (fall off) your tandem a couple of kilometres back ...'

'Oh, that's a relief,' said the rider. 'I _____ ⁴ (think) I ⁵ _____ (go) deaf!'