Week #2

➢ **Watch a video about "Phrasal verbs related to -Health".**

Listening Exercises

1. Listen to the **Audio #1** **"Health"** and choose appropriate answer to the questions.

Health

1) What is something Jeff thinks people need?
a) Motivation
b) Discipline
c) Enthusiasm

2) Where does Jeff usually do yoga?
a) At home
b) At the gym
c) At a fitness center

3) What kind of walk does he do with his girlfriend?
a) Slow walk
b) Brisk walk
c) Nature walk

4) What does Jeff say people need to do?
a) Set goals
b) Do little things
c) Be patient

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Lifestyle Change

2. Listen to the **Audio #2** **"Lifestyle Change"** and answer the exercises.

1) He had problems with his _____ .
   a) Back
   b) Eyes
   c) stomach

2) The food was making him feel _____ .
   a) Depressed
   b) always hungry
   c) great

3) He tries to exercise _____ minutes a day.
   a) 30
   b) 60
   c) 100

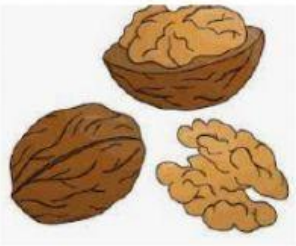
4) He also tries to manage his _____ .
   a) time
   b) stress
   c) calories

5) Now he sleeps about _____ hours a day.
   a) 5 to 6
   b) 6 to 7
   c) Over seven

3. Listen to the audio #3 **"Eat Nuts to Stay Healthy"** and choose the correct answer to each question.

1. How many nuts do you need to eat to get health benefits?

   a) A lot of nuts every day.
   b) A big amount of nuts, walnuts, peanuts and chestnuts.
   c) You do not need to eat many nuts.



2. Eating nuts protects specially the health of _____.

   a) men.
   b) women.
   c) both men and women.

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3. How many grams of nuts per day is enough to get the full health benefits?
   a) About 5.
   b) About 10.
   c) About 20.

4. Why is peanut butter not recommended?

   a) Because it contains added oils and sugars.
   b) Because it is more expensive.
   c) Because it is made from roasted nuts.

5. Nuts are most healthy if you eat them _____.

   a) raw.
   b) roasted in oil.
   c) dry-roasted.

6. Which is the nut with the least fat and fewest calories?

   a) Peanut.
   b) Walnut.
   c)) Chestnut.

7. Walnuts are full with _____.

   a) antioxidants.
   b) vitamins.
   c) calories.

4. Listen to the audio " **Secret to Life? Dance, and Don't Procrastinate!**" and answer the **true** or **false** exercise.

1-Was this lady born in England? _____

2. Is she 97 years old? _____

3. Has she been teaching yoga, full-time, since 1957? _____

4. Was she 75 years old when she won dance competitions? _____

5. Is she going to retire? _____

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Speaking Exercises

1. Record an audio describing your healthy habits in the past and nowadays. Use the information –"Speaking of the topics" below and sports vocabulary.
   Remember to use **SIMPLE PAST, PRESENT PRESENT, PHRASAL VERBS -HEALTH**.

Debe grabar un audio y enviarlo con la GTA al correo correspondiente. Recuerde utilizar Vocaroo

Speaking of the Topic

What are things you do often? What do you rarely do? Discuss!

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