

# 2

## Good health

### Before you watch

1 You are going to hear six people answering questions about health and lifestyle. Write questions to match these answers. Then work with a partner and compare your ideas.

1 Do you do any sport?

No, none at all – it's far too much like hard work.

2 \_\_\_\_\_

The best thing to do would be to do gentle exercise for a while and to gradually increase.

3 \_\_\_\_\_

It tends to be takeaways, fast food, microwave dishes – not very good stuff, really.

4 \_\_\_\_\_

Oh yes ... and it worked beautifully for a while.

5 \_\_\_\_\_

It's just a very anti-social habit and I don't want to have anything to do with it.

6 \_\_\_\_\_

Imagine how you taste when someone kisses you.

### While you watch

2 Watch the whole programme and do the following.

- note who gave the answers in Exercise 1.
- check whether the questions you wrote in Exercise 1 match the answers in the programme.



### PART 1-2 (00:00–02:15)

3 Watch Parts 1 and 2 and decide if these statements are true or false.

- Becky does judo and gymnastics and sometimes goes skiing at the weekend.
- James plays five-a-side football.
- Kevin thinks doing a sport requires too much effort.
- John thinks he needs to take up a sport.
- James is the goal-scorer of his team.
- Sarah is too busy to do any sport.
- Becky doesn't think there's any point in trying a sport you don't enjoy.
- James prefers to exercise alone.
- John thinks it's best to do short spurts of strenuous exercise.
- Amanda says if you don't enjoy something, you're not going to keep it up.
- John says he is an expert on the subject.

True	False
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**PART 3-4 (02:16–04:53)**

**4 Work with a partner. Discuss the meaning of the underlined expressions and then ask your partner to answer the questions.**

- a) Do you eat a lot of fruit and vegetables?
- b) Do you have a sweet tooth?
- c) Do you try to eat a balanced diet?
- d) Do you have a good lunch every day?
- e) Do you think you eat a lot of junk food?
- f) Have you ever been on a diet that worked?
- g) Do you find it easy to put on weight?
- h) Do you find it difficult to put on weight?
- i) Do you think dieting is bad for you?
- j) Do you try to stick to a low-fat diet?

**5 Watch the programme and count how many people can answer 'Yes' to the questions in Exercise 4.**

**PART 5-6 (04:54–07:17)**

**6 What did the speakers say? Tick (✓) the correct ending.**

- a) Becky: I think ...
  - 1 it's up to the individual.
  - 2 it's a disgusting habit.
- b) Kevin: Smoking makes you ...
  - 1 feel good.
  - 2 smelly.
- c) Amanda: I'm one of those ...
  - 1 people who only smoke at home.
  - 2 horrible reformed smokers.
- d) John: It affects my ...
  - 1 eyes quite a lot.
  - 2 wife quite a lot.
- e) James: I smoke about ...
  - 1 forty a day.
  - 2 twenty a day.
- f) Becky: It's difficult to give advice because ...
  - 1 I don't know how hard it is.
  - 2 I can't give up smoking.
- g) Sarah: You should find ...
  - 1 someone who can help you.
  - 2 a good reason for yourself.
- h) John: Bear in mind the effect it has on ...
  - 1 other people.
  - 2 your bank balance.

- i) James: My personal incentive would be ...
  - 1 the amount of money it costs me.
  - 2 the effect it has on my health.
- j) Amanda: Try ...
  - 1 hypnosis or acupuncture.
  - 2 nicotine patches.

**7 Watch the programme again and check your answers to Exercise 6.**

**After you watch**

**8 Replace the underlined words and expressions with an expression from the box.**

put on	give up	cut down on
take up	keep it up	stick to

- a) I've tried to stop lots of times.
- b) I think I need to start doing a sport.
- c) I find it difficult to continue with my diet – in fact, I'm already starting to gain weight.
- d) Maybe it would help if I tried to reduce the number of cigarettes I smoke.
- e) I don't really enjoy the sport I'm doing, so I don't think I'll continue with it.

**9 Are any of these sentences true for you? Discuss with a partner.**

**10 Work in groups. Give your answers to the six questions from the programme. Discuss each one, offering opinions and advice.**

LANGUAGE TOOLBOX
Have you tried -ing?
You could try -ing.
If you ask me, you should ...
It's important (not) to ...
It's best (not) to ...
It's a good idea to ...