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.

PART 1-2 (00:00–02:15)

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

a) Becky does judo and gymnastics and sometimes goes skiing at the weekend.

b) James plays five-a-side football.

c) Kevin thinks doing a sport requires too much effort.

d) John thinks he needs to take up a sport.

e) James is the goal-scorer of his team.

f) Sarah is too busy to do any sport.

g) Becky doesn’t think there’s any point in trying a sport you don’t enjoy.

h) James prefers to exercise alone.

i) John thinks it’s best to do short spurts of strenuous exercise.

j) Amanda says if you don’t enjoy something, you’re not going to keep it up.

k) John says he is an expert on the subject.
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 …