

THE INTERVIEW 

- a You're going to watch an interview with Jeanette Hughes, who works for a local council as Health Development Officer. She gives advice and practical help to encourage people to do more exercise, eat healthily, and stop smoking. Before you listen, read the glossary and look at how the words are pronounced to help you understand what she says.



Glossary

- calories** /'kælərɪz/ units for measuring how much energy food will produce
- hockey** /'hɒki/ a team sport played on grass or on ice where you hit a ball with a stick
- netball** /'netbɔ:l/ a team sport similar to basketball usually played by women
- skateboarding** /'skeɪtbɔ:ɪdɪŋ/ a sport where you stand on and ride a board with small wheels
- household** *n* /'haʊshəʊld/ all the people living together in a house
- nutrition** /nju'trɪʃn/ the food that you eat and the way that it affects your health
- legislation** /ledʒɪs'leɪʃn/ a law or group of laws

- b **2.1** Listen to part 1. Answer the questions with a partner.
- 1 What's the first reason she gives for why people do less exercise? What examples does she give?
 - 2 How many calories did a housewife in the 1950s use doing the weekly housework?
 - 3 What other reason does she give for people doing less exercise?
 - 4 What changes have there been in the kind of sports children do at school? Why?
 - 5 What difference does she mention between girls and boys doing exercise?

IN THE STREET 

- a **2.4** You're going to watch five people talking about how fit they are. Listen once. Who do you think is probably the fittest?



Jade

Nadia

Nick

Sarah

Geri

- b Listen again. Who...?
- A cycles and is learning to dance
- B does exercise in a gym
- C is fit because he / she dances
- D doesn't do anything to keep fit
- E does exercise twice a week

- c **2.2** Listen to part 2. Mark the statements T (true) or F (false).
- 1 She says that young people eat more healthily than older people.
 - 2 Older people cook vegetables in an unhealthy way.
 - 3 Young people eat more vegetables than older people.
 - 4 In 2006 the number of smokers in Britain had gone down by 17%.
 - 5 People are smoking less because of the changes in legislation.
 - 6 Smokers are happy to have a cigarette outside in the street.
 - 7 It's only older people who want help to stop smoking.
 - 8 Some parents come to ask for help to stop their children from smoking.
- d **2.3** Listen and complete the phrases with one or two words. What do you think they mean?

COMMON WORDS AND PHRASES

- 1 Young people while they're at school, they're still doing an _____ lot of activity.
 - 2 ...they're more likely to _____ when they've finished school.
 - 3 I think the _____ would generally eat more vegetables...
 - 4 Whereas people felt it was OK to smoke _____...
 - 5 ...they just don't want to go out and get _____ wet and _____ cold...
 - 6 It's not as _____ as it was, people understand the dangers now...
- e Listen to the interview again with the tapescript on page 67. Is what she says about exercise, diet, and smoking similar in your region?

- c **2.5** Listen and complete the phrases. What do you think they mean?

COMMON WORDS AND PHRASES

- 1 I exercise a couple of times a week, so _____ fit I think.
 - 2 I go to the gym _____...
 - 3 I'm probably _____ fit.
 - 4 ...and I also take dance classes, which is _____.
 - 5 Nothing _____.
- d Listen to the interviews again with the tapescript on page 68. Then ask and answer the same questions with a partner.