

Listening and Speaking Level Intro



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Unit 6



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Choose the best response to complete each conversation. Pay attention to the meanings of the words in bold.

1. **A:** I don't have any **energy** today.
B: ____
- Why are you so tired?
- That's great!
- Why are you worried?
2. **A:** Matt has a terrible **diet**.
B: ____
- That's true. He never exercises.
- Really? Does he eat a lot of junk food?
- You're right. He eats a lot of vegetables.
3. **A:** I want to **reduce** the sugar that I eat.
B: ____
- That's a great idea. Sugary food tastes good.
- That's a good idea. Sugar is bad for you.
- That's not a good idea. Sugar is bad for you.


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Try again

See answers

Score: 77

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Choose the best response to complete each conversation. Pay attention to the meanings of the words in bold.

4. **A:** Khalid looks really **run-down**.
B: ___
- You're right. He works too hard.
 - I know. He eats well and gets a lot of rest.
 - That's true. He looks good.
5. **A:** Are you **lonely**?
B: ___
- Yes, I have four exams today!
 - Yes, I don't have any friends here.
 - No, I don't know anyone at this school.
6. **A:** Are you feeling a lot of **stress** right now?
B: ___
- Yes, I am! I have a test tomorrow, and I'm not ready!
 - No, I'm not! I have a test tomorrow, and I'm not ready!
 - Yes, I am. I feel great!

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Choose the best response to complete each conversation. Pay attention to the meanings of the words in bold.

5. **A:** Are you **lonely**?
B: ____
 Yes, I have four exams today!
✓ Yes, I don't have any friends here.
 No, I don't know anyone at this school.

6. **A:** Are you feeling a lot of **stress** right now?
B: ____
✓ Yes, I am! I have a test tomorrow, and I'm not ready!
 No, I'm not! I have a test tomorrow, and I'm not ready!
 Yes, I am. I feel great!

7. **A:** Louise **manages** her schedule really well.
B: ____
 I know. She works ten hours a day, she takes four classes, and she doesn't get enough sleep.
✓ You're right. She always finishes her homework early and has free time on the weekends.
 That's true. She's always busy, and she spends a lot of time at work.

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Listen to the TV show. Choose the best answer for each question.



1. Bob Davidson is ____.
 an exercise expert
 a doctor
 a diet expert
2. According to Bob, you should ____ on your first day of exercise.
 walk slowly
 start slowly
 run five miles
3. According to Bob, you should ____.
 do exercise that you like
 go to the gym three times a week
 do exercise that is easy for you
4. Isabel likes to ____.



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Listen to the TV show. Choose the best answer for each question.



4. Isabel likes to ____.
- go to the gym
 - play soccer
 - ✓ play tennis
5. According to Bob, you should ____.
- go swimming and play soccer every week
 - make a doctor's appointment before you start exercising
 - ✓ write down exercise appointments
6. Bob likes to ____.
- play tennis and swim
 - play tennis and soccer
 - ✓ swim and play soccer
7. According to Bob, you should ____.

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Score: **7/7**



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Listen to the TV show. Choose the best answer for each question.



✓ play tennis

5. According to Bob, you should ____.

go swimming and play soccer every week

make a doctor's appointment before you start exercising

✓ write down exercise appointments

6. Bob likes to ____.

play tennis and swim

play tennis and soccer

✓ swim and play soccer

7. According to Bob, you should ____.

✓ exercise with a friend

exercise outside when you can

exercise alone

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Listen to each part of the conversation. Then choose the correct word or phrase to complete the sentence.

- 1. Some people don't know how to start exercising, so they ____.
 never exercise
 hardly ever exercise
 exercise only sometimes
- 2. When you start exercising, you should walk ____.
 a few minutes a day
 five miles a day
 twenty to thirty minutes a day
- 3. When you start exercising, you should walk ____.
 five times a week
 every day
 three times a week
- 4. Isabel ____ goes to the gym.

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Listen to each part of the conversation. Then choose the correct word or phrase to complete the sentence.

4. Isabel ___ goes to the gym.
✓ hardly ever
 usually
 never
5. Isabel plays tennis ___.
✓ four times a week
 five times a week
 three times a week
6. Bob goes swimming ___.
✓ three times a week
 one hour a day, four times a week
 one hour a week
7. Bob plays soccer ___.

Submit

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Listen to each part of the conversation. Then choose the correct word or phrase to complete the sentence.

never

5. Isabel plays tennis ____.

✓ four times a week

five times a week

three times a week

6. Bob goes swimming ____.

✓ three times a week

one hour a day, four times a week

one hour a week

7. Bob plays soccer ____.

twice a week

every day

✓ every Saturday

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Choose the correct words or phrases to complete the paragraph.

Sarah sells clothes . It's a busy job, so Sarah gets enough sleep and exercises a lot to help reduce stress. She has really good exercise . She likes to , so she plays soccer once a week with her soccer team. She also goes to the gym . She works out at the gym three times a week with her friend Mary. Sometimes she goes to the gym four times in a week. She also . She eats a lot of vegetables and fruits. She doesn't eat foods with a lot of fat and sugar. Every evening, she a healthy lunch for the next day. She doesn't like to buy fast food for lunch. She's very social, so she likes to eat lunch with friends. Sometimes it's hard for Sarah to her exercise and diet routine, but it's important to her. And it makes her feel great.

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Score: 8/8

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Choose the correct words to complete the sentences.

1. I'm so **excited** about our trip!
2. You look **tired**. You need to sleep more.
3. Tennis doesn't really **interest** me. I like soccer.
4. She is always **confused** in her math class.
5. He likes to **relax** on the beach every Saturday.
6. John doesn't **worry** about his job.
7. I'm **bored**. I don't like exercising at the gym.
8. Are you **interested** in going swimming with us?
9. I'm **surprised** you don't want to join the book club. You love to read!

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Score: 9/9

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Complete the conversations with *can*, *can't*, *should*, or *shouldn't*.

1. A: I don't feel well today. I think I'm sick.

B: You should go home. Don't stay at work.

2. A: Do you like the beach?

B: Yes, but I don't go in the water. I can't swim.

3. A: Does your gym have tennis lessons?

B: Yes, you can take lessons on Tuesdays.

4. A: I don't know how to swim, and I really want to learn.

B: You should take swimming lessons.

5. A: I like my job a lot, but it makes me feel a lot of stress.

B: Be careful. Stress can be bad for your health.

Submit

Try again

See answers

Score: 8/8

Complete the conversations with *can*, *can't*, *should*, or *shouldn't*.

4. A: I don't know how to swim, and I really want to learn.

B: You should take swimming lessons.

5. A: I like my job a lot, but it makes me feel a lot of stress.

B: Be careful. Stress can be bad for your health.

6. A: I don't like my gym. It's crowded and not very clean.

B: You should change gyms.

7. A: Do you know how to play soccer?

B: No, but I can play tennis. I also like to play basketball.

8. A: I had two bags of chips for lunch. My stomach hurts.

B: You shouldn't eat junk food. It's bad for you.

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Try again

See answers

Score: 8/8

Click **READ** to read about *have to* and *has to*. Then choose the correct words to complete the sentences.

READ

1. You **have to** stop eating junk food. It's not healthy.
2. I **have to** go to the gym in the morning. I work in the afternoon.
3. Anna **has to** learn how to manage her schedule. She doesn't manage it very well.
4. You should exercise three or four times a week. You **don't have to** exercise every day.
5. John and Emma **have to call** the doctor. Their son is very sick.
6. I **don't have to** prepare dinner tonight. My roommate wants to cook tonight.
7. He **doesn't have to** work today. His office is closed today.
8. We **don't have to** take tennis lessons. We play tennis very well.

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Read the topics. Do you need a T-chart or a bigger chart to take notes on the information? Choose the correct words to complete the sentences.

1. Your friend discusses the pros and cons of studying abroad.
2. Four coworkers talk about their daily schedules.
3. Two friends discuss the three sports they like best and why.
4. Your teacher discusses the world's top five countries for producing coffee.
5. Your teacher discusses three novels and how the main characters are similar and different.
6. Two parents discuss with their child the pros and cons of two universities.

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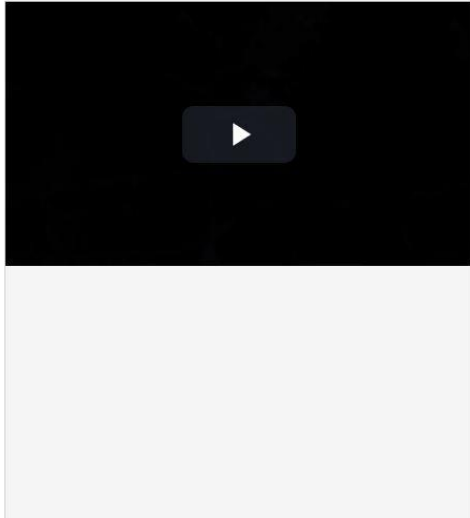


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Watch the video. Check the words that you hear.



- balanced diet
- oily fish
- dairy
- vegetables
- 10 million pills
- fewer supplements
- meat
- fruits
- whole grain cereals
- 100 million pills

Submit Try again See answers Score: 10/10



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