

### Listening 20: Lesson 6C, Exercises 4 and 5

**Speaker 1** I've been on lots of diets in my life – the grapefruit diet, the low-carb diet, the pasta diet. None of them has worked for me – and most people fail on diets. So I think a pill for losing weight is a great idea. Some people might think it's cheating – you know, being lazy because you can't be bothered to diet or exercise. Like a short cut to being slim. But what they don't understand is how difficult it is to lose weight once you become overweight in the first place. This pill could help you get down to a healthy weight. Then it's up to you, as an individual, to eat healthier food and do plenty of exercise – keep the weight off, I mean. The pill just sets you on the right path.

**Speaker 2** These days, there's a pill for everything, isn't there? Can't sleep? Take a sleeping pill. Feel sad? Take a happy pill. It's gone too far, in my opinion. Now there's a pill for obesity. But obesity isn't a disease – it's the result of certain lifestyle choices. If you eat the right amount and do plenty of exercise, you don't become obese. It's as simple as that. All these people who claim that they've tried everything but can't lose weight – well, I just don't believe them.

**Speaker 3** I think this pill is a good thing. Personally, I've never tried to lose weight – if anything, I'd like to be a bit bigger! But I don't blame people for trying it. I know how hard it can be to diet. I suppose the only worry would be if people go too far. You know, if they take the pill to lose weight when they're already quite thin. That could be dangerous, especially for teenagers. They might, you know, overdose on them – trying to get as thin as possible. I blame all those adverts in magazines; they put so much pressure on young girls to be skinny, don't they?

### Listening 21: Lesson 6F, Exercise 1

**Boy** Well, I think I'd go for the third option, the pizzeria. Why? Well, firstly because it's the easiest to organise. You just need to agree when and where you're going. You don't need to go shopping or make complicated arrangements. And secondly, because it's indoors – so you can go in the evening, and you don't need good weather. I wouldn't choose the picnic because you need a really nice day for a picnic, and also, you probably need to prepare quite a lot – making sandwiches, stuff like that. And I wouldn't choose the barbecue because, like the picnic, you need good weather. And also, somebody has to do the cooking, so they can't really relax. The food is often burned too at a barbecue – and raw on the inside!

### Listening 22: Get Ready for your Exam 3

**Speaker 1** They say that crash dieting only leads to putting the weight back on, and then some. Well, I can attest to this, because I followed some stupid fruit diet last year and the weight fell off – I lost eight kilos in four weeks. I was thrilled and bought a whole new wardrobe. But as soon as I started eating normally again, the weight piled back on. Now I'm counting calories, so I can get back into my new clothes!

**Speaker 2** Weight gain is a simple equation. If you consume more calories than the body expends in energy, then the excess will be stored as fat. I'm lucky in that I've always played a lot of sport, so weight has never really been an issue, except for once when I broke my hip and couldn't move for eight weeks. The numbers on the scales started creeping up and for the first time I had to watch what I was eating!

**Speaker 3** I've been on a diet for as long as I can remember. Now I automatically calculate the calories of every single item of food I consume, and I know the calorie count of everything. I can't help it – I just do it. Calorie counting is the best way. I've tried every diet there is, including crash diets, but I'm always a couple of kilos overweight. I'd like to lose a bit more – then I could splash out on some new clothes!

**Speaker 4** I've always been big like my dad. I'm strong but can easily put on weight. I used to be called 'fatty' at school until I started playing rugby. My dad used to play rugby when he was younger, but now a lot of his muscle has turned to fat. He really should do more exercise or it'll be bad for his heart when he gets older. The same will go for me, unless I work hard at staying fit.

**Speaker 5** I've never had to worry about what I eat or dieting. In fact, people are always telling me that I'm looking a bit too thin, which is annoying! I'm a runner and train four or five days a week, so I find that I can eat what I want. But actually it's important to eat correctly for energy and to help your body recover, so I still think about what food I eat – I just don't need to count calories!