


# Unit 6 Listening practice

- 1  4.7 Read the radio guide. Then listen to the introduction to the radio programme. Which programme are you going to listen to, A, B or C?

**A 9 a.m. Your weekly workout**


Today we focus on having a strong and healthy back. With our simple daily exercises, you can stop back pain forever.

**B 10 a.m. Healthy eating today**


A lot has been said about protein-only diets. But do they really work? We talk to experts and dieters about their experiences.

**C 11 a.m. Here's health**

Our regular look at issues concerning health and well-being. This week: how fit is your mind?

- 2  4.7 Read questions 1–5. Then listen to the rest of the radio programme and choose the correct answers.

- 1 According to Doctor Wilkins, what are the basic principles for achieving brain fitness?
  - A Agility and strength.
  - B Curiosity, variety and relaxation.
  - C Diet and relaxation.
  - D Physical strength and stamina.
- 2 If you find doing something like crossword puzzles very easy:
  - A you should change your activity.
  - B you should take a short break from doing any activity.
  - C you should do the activity more frequently.
  - D you should stop doing the activity.
- 3 To develop the brain through reading:
  - A it doesn't matter what you read.
  - B you should read biographies.
  - C you should read something in a foreign language.
  - D you should read something challenging.
- 4 Going for a long walk might be a good way to:
  - A increase nutrients in the brain.
  - B relax and quieten the brain.
  - C stimulate the brain.
  - D increase your curiosity about the world.
- 5 Scientists think that the special exercises they have designed:
  - A enable you to do two things at once.
  - B help the brain to become stronger.
  - C help your memory.
  - D heighten your senses.

- 3  4.7 Listen again and complete the sentences in your own words.

- 1 Developing your feeling for language will ...  
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- 2 After going for a long walk, Doctor Wilkins feels ...  
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- 3 Sports can be useful exercise for the brain because ...  
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- 4 The special exercises designed by scientists involve ...  
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