

A NEWS REPORT

A- Listen to the first part of a news report and choose the correct option to complete the sentences, a), b) or c).

- 1- The reporter went to a table tennis centre for people aged _____.
a) under fifteen b) under fifty c) over fifty

- 2- People should eat _____ portions of fruit and vegetables a day.
a) five b) one c) eight

- 3- Living a healthy life can add _____ years to your life.
a) four b) fourteen c) forty

B- Listen to the whole report. Are the statements true (T) or false (F)? Correct the false ones.

- 1- The woman plays table tennis four times a week. _____

- 2- She says it gives her a great feeling. _____

- 3- Scientists studied 20.000 people for fifteen years. _____

- 4- They found that people who don't smoke, exercise regularly and eats lots of fruit and vegetables every day live longer. _____

- 5- Doctors say if you want to see changes to your health, you need to make big changes to your lifestyles. _____

- 6- The second woman says she always eats five portions of fruit and vegetables a day. _____

KEY: Speak out pre-intermediate workbook. Unit 6. (T6.2 and 6.3). page 34

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1- The woman plays table tennis four times a week. **FALSE**
The woman plays three times a week

2- She says it gives her a great feeling. **TRUE**

3- Scientists studied 20.000 people for fifteen years. **FALSE**
.....for more than 10 years.

4- They found that people who don't smoke, exercise regularly and eats lots of fruit and vegetables every day live longer. **TRUE**

5- Doctors say if you want to see changes to your health, you need to make big changes to your lifestyles. **FALSE**
Doctors say that even a small change to your lifestyle can make...

6- The second woman says she always eats five portions of fruit and vegetables a day. **FALSE**
She doesn't. She doesn't like them.

TAPESCRIPT:

Part 1

P= Presenter

W= Woman

P: We're in Manchester, and this is table tennis for the over fifties. The people who play here play three times a week, so you don't need to tell them about how exercise makes you feel better.

W: It gives you a great feeling. You feel fabulous. Any type of exercise is good for you, especially when you're my age. It just makes you feel good.

P: Scientists have now worked out that you can live longer if you have a healthy lifestyle. They followed 20,000 people for more than ten years, and they looked at the different lifestyles they had. The results are interesting. They showed that people who don't smoke, who do regular exercise and who eat five portions of fresh fruit and vegetables every day actually live longer. These people actually live about fourteen years longer than the people who didn't have such healthy lifestyles. They lived longer and they didn't have so many health problems. Doctors say that even making a small change to your lifestyle can make a big difference to your health. Also, don't worry if you've got bad habits now. It's never too late to start.

So, does everyone agree that it's a good idea to give up smoking, eat healthy, and do exercise in order to live longer? We asked people on the street to tell us what they think.

Part 2

W2= Woman 2

W3= Woman 3

M= Man

P= Presenter

W2: I don't know. I don't think it's that important. I mean, I don't eat five portions of fruit and vegetables every day. I don't like them, so I'm not going to do that.

W3: If I go out with my friends in the evening, then I'm going to smoke. Having a cigarette is social. It's part of the fun.

M: Absolutely. I think it's a great idea. Do exercise, eat well, stop smoking. And live a long and happy life. Everyone should do it.

P: The message is clear: Scientists are telling us that if we want to live a long and healthy life, we need to look at how we live. So, I'm going to have a game of table tennis.