

An interview with an actress

Listen to the radio programme of an interview with an actress. Tick the things that are true.

1. She eats a lot of:

Fruit ___ meat ___ mayonnaise ___ sweets ___ vegetables ___ chips ___ rice ___ sugar ___

Fish ___ frozen food ___ brown bread ___

2. She drinks a lot of:

Coffee ___ tea ___ mineral water ___

3. To keep fit she:

Goes jogging ___ swims ___ does yoga ___ goes cycling ___ goes to the gym ___ takes

her dog for a walk ___

4. When she's ill, she:

takes painkillers ___ goes to the doctor ___ takes aspirins ___ takes herbal

medicines ___ goes to bed ___ drinks menthol tea ___

5. Next year, she:

is going to France ___ is going to travel around England ___ is going to make a

TV series

KEY: 1. Fruits, vegetables, fish, rice. 2. mineral water. 3. does yoga, goes to the gym, swims, takes her dog for a walk 4. menthol tea, goes to bed. 5. going to make a TV series.

TRANSCRIPT:

Interviewer: With us today we have the actress Jane Stevens. Jane has recently celebrated forty-five years in the theatre—you can see her this month at the Lyric Theatre in London. And her biography *Secrets of a Long Life* is going to appear in bookshops early next year, so this is a busy time for Jane. Jane, how are you?

Jane: I'm very well, thank you.

I: So what do you do to stay so fit and healthy?

J: Well, my diet is very important to me. I eat a lot of fresh fruit and vegetables, and fish and I eat very little meat. I think people eat badly in the West—chips and frozen food, and everything with mayonnaise; that's why there's so much heart disease these days. I usually eat rice and brown bread and I never eat any sweets or sugar.

I: What do you usually have for breakfast?

J: Oh, I normally have fresh fruit—apples, oranges, bananas, whatever is in season. I hardly ever drink coffee or tea but I drink a lot of mineral water during the day, usually two or three litres.

I: What do you do to keep fit?

J: I always do yoga in the morning; this helps me relax. And I go to the gym and swim three or four times a week. And I think it's important to do things that make you feel good so I often buy presents for friends, take my dog for a walk in the park, or watch a beautiful sunset.

I: What do you do if you're ill? Do you take medicines or painkillers?

J: Oh, no, I prefer herbal medicines. If I have a headache, I have a drink of menthol tea and then go to bed and wait for it to pass. I eat lots of fruit so I don't often have a cold.

I: Jane, we can see you at the moment at the Lyric theatre in London. What are your plans for the future, when this finishes?

J: Well, first of all, I'm going to have a holiday. I'm going to spend some time with my family at our house in the South of France. Then I'm going to travel around England and visit bookshops to promote my new book. Then, next year, I'm going to make a TV series for Channel 4.

I: Well, thank you for being here today, and the best of luck!

SOURCE: Adapted from *Framework. Level 1. Workbook.*