

LISTENING PRACTICE 1

2008/09

Topic: Obesity in the U.S.
 Source: www.npr.org
 Title: Study ties obesity to TV habits

BEFORE YOU LISTEN...

1. Read the questions below and discuss your answers with a partner. (**Skills practiced:** Speaking (speculating; giving an opinion; agreeing/disagreeing) // **Activity duration:** 15 min.)

- a) *What, in your opinion, are the factors that are contributing to the increasing overweight and obesity of the population in our country? How could the problem of overweight and obesity be solved?*
- b) *What other nutrition-related illnesses do you know of?*

NOW LISTEN...

2. Listen to the following extract from a news program about obesity in the US. (**Listening skills practiced:** Listening for general meaning // **Activity duration:** News extract: 3.49 min; Total activity: 6 min. approx.)

AFTER YOU LISTEN...

3. Listen to the extract again and answer the questions below. (**Score:** 1=1; 2=1; 3=0.9; 4=2 (1+1); 5=1 (0.5+0.4+0.1); 6=1; 7=0.1; 8=1.25; 9=1.75(0.25+0.5+0.5+0.25+0.25) // **Listening skills practiced:** Listening for specific information // **Other skills practiced:** Writing (summarizing; note-taking; gap-filling) // **Activity duration:** 6 min.)

1. Briefly explain what this piece of news is about.

2. What do the latest government statistics show?

They show that _____
 and that _____.

3. What 3 factors lie behind this epidemic?

3.1 _____
 3.2 _____
 3.3 _____

4. The report published by the American Medical Association shows...

4.1 _____

LISTENING PRACTICE 1

2008/09

4.2 _____

 _____.

5. Researchers analyzed data collected from more than _____
 _____ between the years _____ and _____.
 These subjects filled out questionnaires every 2 years which asked
 them

5.1 "How much time do you spend every day

- _____
- _____
- _____
- _____"

5.2. "How much time do you spend every day

- _____"

6. After 6 years, _____
 _____.

7. Which particular sedentary behavior proved the most damaging?
 _____.

8. Previous research has shown that _____
 _____.

9. An added problem is that people often _____.
 The reason for this behavior is _____.
 and _____.
 In order to avoid the negative effects of this behavior, Anderson
 recommends _____.
 and _____.

4. Listen to the extract one last time and find out which words or phrases mean approximately the same as the ones below. (Score: 10 marks // **Listening skills practiced:** Listening for specific information // **Activity duration:** 6 min.)

1. Extremely fat: (*adj*) _____
2. A disease suffered by a large number of people at the same time: (*noun*) _____
3. Involving little physical activity: (*adj*) _____
4. Causing physical or other injury or damage: (*adj*) _____
5. All the chemical processes in your body, especially those that cause food to be used for energy and growth: (*n*) _____
6. To eat a small amount of food, or a very small meal, between meals: (*v*) _____
7. To direct so many things at someone, esp. to ask them so many questions, that they find it difficult to deal with them: (*v*) _____
8. (Said of food) not cooked: (*adj*) _____