



Listening 7.

Task 1:

~~We are ready to talk about several difference~~
~~classmate~~. Today, I ~~liked~~ to talk about
to relationship between classmate and lifestyle.

The human body composed of up to 70% water. Indeed water is one of the most important substances to keep the body healthy. Water help the body take take all kind of ~~waster~~ waster away. It also help maintain the proper body Temperature. You need to drink at least six cups of water every day. Some of you may thing Juices and other soft drinks as give enough water to your body. However, this is not quite right. Juices and soft drink are not pure water when you drink a glass of orange Juices, Your body need to digest it first ~~before~~ before absorbing the water in it. That is, you are giving your body more work to do ~~use~~ rather than providing water.

Task 2:

A: You know what happen yesterday? Our study group when went out for dinner to celebrate Heather's birthday.

B: Oh, did you help fun? How did her birthday party go?

A: Before, it was not. After swallowing a piece of steak, Heather held her throat and fell onto the floor. Everyone could see she was in great pain.

B: Really? What happened to her? Was she ok?

A: All of us were very surprised, not knowing what to do. Luckily there was a doctor next to our table. He stood behind her and wrapped his arms around her waist and her pressed hand above her belly button. The steak came out of her throat.

B: What a relief?

A: Yeah, that doctor saved Heather with his first aid skills. So I'm going to learn first aid during this winter vacation.

B: Sound great. Can I join you?

A: Sure, you're always welcome.

Task 3:

As I ~~se~~ said earlier, we'll talk about 3 main nutrients: proteins, carbohydrates and fat today. We get proteins from meats, fish and eggs. Proteins help our body make new hair, nails, skin, and other kind of new cell, for body growth. For carbohydrates we get them from rice, breads, macarons and many sweets.

Carbohydrates serve as a direct energy source for the function of our brain and body. We get fats from fried foods such as fried chicken. Also we get them from butter, milk, oil and icecream. Fats produce more than double the amount of calories compared to carbohydrates and proteins. That has 9 calories per gram, fats also help your body make new cells and keep your body warm. We need to eat all kind of food with proteins, carbohydrates and fats. Keeping a good balance in nutrition is key to keeping our body healthy and growing.

Task 4:

A. How about having pizza for lunch today? Have you been to Rosa? Their pizza is wonderful.

B. I like pizza. What is Rosa's pizza like?

A



A: These have lot of cheese on the top of thin bread. You can choose your own cheese among mozzarella cheese, goat cheese and white cheese.

B: I have to have goat cheese. But I don't like thin crispy pizza bread. It feels like eating biscuits. I prefer thick pan style pizza.

A: Don't you think pan style pizza is heavy. It's like you are filling your stomach with bread, not with cheese.

B: Well, I like a good combination of soft and thick bread and goat cheese.

A: I see. Then we should find another pizza place for lunch today.