Listening: Bad Habits

From [http://listenaminute.com](http://listenaminute.com/)

*Before you listen…*

Match the words to their meaning.

1. Smoker ( 2 ) to make a noisy sucking sound while drinking
2. To slurp ( 6 ) slightly angry
3. Noodles ( 7 ) drivers
4. To quit ( 1 ) someone who smokes cigars or cigarettes
5. To leave sth around ( 9 ) to tell someone something they don’t know
6. Annoyed ( 4 ) to stop doing something
7. Motorists ( 3 ) food cooked in boiling water
8. Perhaps ( 5 ) lo leave something somewhere carelessly
9. To point out ( 8 ) maybe

*Now listen to the text and fill in the blanks.*

**What are your bad habits? I think everyone has bad habits. Not everyone agrees on what bad habits are.**

**Some smokers don’t think smoking is a bad habit. Young people don’t think listening to loud music on the train is a bad habit.**

**In Japan, slurping your noodles is a sign that you enjoy your food, but making a noise while eating in England is not good. Have you ever tried to break your bad habits?**

**I have quit smoking and have stopped leaving things laying around the house.**

**I wish other people would stop their bad habits. I get annoyed when people are late meetings or talk loudly on their phones in public.**

**I also think many motorists need to think about their driving habits. Perhaps I should point out their bad habits.**

*After you listen…*

Look at these bad habits. Do you have any of them?

( ) always arriving late ( ) sleeping too much ( ) fast eating

( ) watching too much TV ( ) becoming an “owl” at night ( ) nail biting

( ) skipping breakfast ( ) always carrying a heavy bag ( ) drinking alcohol

( ) being “superconnected” ( ) being in love with junk food ( ) smoking

( ) drinking too much coffee ( ) wearing headphones for hours ( ) cursing

Answer the questions with a partner.

1. Which bad habit do you think is the most difficult to get rid of?
2. Are we born with our bad habits? Or do we acquire them?
3. Do other people’s bad habits get on your nerves?
4. What bad habits do you observe in your family members?
5. Have you been successful in getting rid of a bad habit?