

Unit 5

Listening script

Ann You're really fit, David. Do you do a lot of exercise?

David Yes. I like sport. I love playing tennis. I play twice a week. I like running, too, but I don't like cycling.

Ann And do you eat healthy food?

David Yes, usually. I eat a lot of fruit and vegetables. I don't eat many sweets. If I want a snack, I usually eat some nuts.

Ann And how many hours do you usually sleep?

David I usually sleep for nine or ten hours each night.

Ann Wow! You have a really healthy lifestyle. I don't play any team sports, but I'm very active. I love swimming. That's my favourite activity.

David Are there any swimming pools in your city?

Ann Yes, there are some good swimming pools. But I prefer swimming in the sea.

David That's great exercise!