

## LISTENING TEST and ANSWERS (1 point)

### OBESITY

#### Introduction

In this radio interview with Dr Isaac Black you are going to hear some new words. Read and listen to them. Make sure you know what they mean.

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*device*: aparato; aparato

*broadcast*: emitir; emitir  
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Here is the beginning of the interview.

<b>Presenter:</b>	Here with us in the studio today is one of the UK's foremost experts on weight loss, Dr Isaac Black, who has devoted the past thirty years to the study of obesity. Dr Black, welcome. And I must say, you do look very slim!
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Here is an example of a question:

**Who is Dr Isaac Black?**

The correct answer is: 'He is one of the UK's foremost experts on weight loss.'

**Ready? Now read the rest of the questions before listening to the interview.**

**Now write the correct answers. Remember to write in complete sentences.**

## Questions

1. Complete the following sentence from the recording.  
Certainly, once you start examining the terrible consequences that over-eating can have for health and life expectancy, you soon think twice before reaching **for the biscuit tin**.
2. Complete the following sentence from the recording.  
I don't have the figures for the whole of Europe, but I can say that in England alone there **were thought to be** 30,000 deaths from obesity last year.
3. What is happening to childhood obesity?  
**Childhood obesity is growing at an alarming rate.**  
  
**It is growing at an alarming rate.**  
  
**It is growing/increasing very quickly.**
4. According to Dr Black, what percentage of six year olds are already obese?  
**Nearly ten per cent of six year olds are already obese.**
5. What does the presenter say about her granddad?  
**She says that her granddad used to walk five kilometres to work every morning.**  
**He used to walk five kilometres to work every morning.**
6. Which labour-saving devices does Dr Black mention?  
**He mentions washing machines and dishwashers.**
7. Complete the following sentence from the recording.  
However, I think people are often too hasty to blame TV and computer games – both are highly rewarding and even educational, and can persuade us **to try new activities**.
8. What has happened since reality TV shows like *Strictly Come Dancing* and *Celebrity X-Factor* were broadcast?  
**Large numbers of viewers have started dance classes.**
9. Complete the following sentence from the recording.  
My husband and son play an interactive tennis game, where you have to hit **an imaginary ball** with a racket.

10. What does Dr Black say about new technological advances?

That they will be some of our most successful weapons in the battle against obesity.

That they will be successful weapons to stop obesity.

That they will be important in the battle against obesity.

### Recording script

<b>Pres:</b>	Presenter
<b>IB:</b>	Dr Isaac Black

  

**Pres:** Here with us in the studio today is one of the UK's foremost experts on weight loss, Dr Isaac Black, who has devoted the past thirty years to the study of obesity. Dr Black, welcome. And I must say, you do look very slim!

**IB:** Thank you! Certainly, once you start examining the terrible consequences that over-eating can have for health and life expectancy, you soon think twice before reaching for the biscuit tin!

**Pres:** *[laughs]* I suppose so. But of course, for the very large number of overweight people in the Western world, the subject is no laughing matter.

**IB:** No, it certainly isn't. I don't have the figures for the whole of Europe, but I can say that in England alone there were thought to be 30,000 deaths from obesity last year. Sadly, unless we take action now, that number is likely to grow. Nearly a quarter of British people are thought to be obese, and another third are overweight. Most depressingly of all, childhood obesity is growing at an alarming rate. Nearly ten per cent of six year olds are already obese. I find that shocking.

**Pres:** Hmmm, six years old is very young. So, what do you think is causing this problem?

**IB:** I have a few theories, but not many easy solutions, I'm afraid! I think, first of all, we need to acknowledge that people are becoming obese because of cultural change – not because people in the past necessarily had more self-discipline. We have so much choice now than ever before. Our grandparents probably ate more healthily because only healthy foods were available – they *couldn't* pop out and get a hamburger, even if they wanted to!

**Pres:** No, that's true ... and I suppose they also did more exercise as part of an ordinary day. I remember that my granddad used to walk five kilometres to work every morning.

**IB:** Yes, we weren't so dependent on the car then, and we didn't have all the labour-saving devices that make our lives so easy now. No washing machines, no dishwashers ...

**Pres:** And no TVs and games consoles! I bet if we could get rid of those, the number of obese kids would decrease ...

**IB:** Hmmm, maybe. It's true that we usually spend more time indoors. However, I think people are often too hasty to blame TV and computer games – both are highly rewarding and even educational, and can persuade us to try new activities. For example, since reality TV shows like *Strictly Come Dancing* and *Celebrity X-Factor* were broadcast, large numbers of viewers have started dance classes!

**Pres:** That's interesting – I hadn't thought about that. Actually, computer games can even be good for us, can't they? My husband and son play an interactive tennis game, where you have to hit an imaginary ball with a racket. They look ridiculous, but I must admit that they have got fitter since they started playing!

**IB:** Yes, and it really helps build confidence. Kids that would do anything to avoid doing sport at school seem quite happy to play football on games consoles! I think that new technological advances like these will be some of our most successful weapons in the battle against obesity.

**Pres:** Well, thank you very much, Dr Black, for a very informative ... *[fade]*