

ARE YOU HEALTHY AND FIT?



CODE 329

Fertigkeit	Hören
Relevante(r) Deskriptor(en)	Deskriptor 5: Kann einfachen Interviews, Berichten, Hörspielen und Sketches zu vertrauten Themen folgen. (B1)
Themenbereich(e)	Körper und Gesundheit Essen und Trinken
Zeitbedarf	12 Minuten (Vorbereitung, zweimaliges Vorspielen, Bearbeitung)
Länge des Hörtexts	1:49 Minuten
Material- und Medienbedarf	Abspielmöglichkeit für Hörtext Schreibmaterial
Besondere Bemerkungen, Hinweise zur Durchführung	Den Schülerinnen und Schülern sollten zwei Minuten Zeit gegeben werden, um die Fragen durchzulesen. Nach dem ersten Hören sollte eine Pause von einer Minute gemacht werden, damit schon erste Antworten eingetragen werden können. Gegebenenfalls muss der Ausdruck <i>nutrition pyramid</i> erklärt werden.
Quelle	---



TAPE SCRIPT

Interviewer: I am interviewing teenagers on fitness and eating habits in schools, and I would like to ask you a few questions, ok?

Molly: Ok.

Interviewer: First of all, do you think that eating healthy food is important for you?

Molly: Well ..., yes, I think so, but I'm afraid I don't always eat healthy food.

Interviewer: Do you have regular family meals at home?

Molly: Not very often ... my parents both work, so I often prepare something for myself when I come home from school. In the evening we usually have TV dinners in front of the telly.

Interviewer: How often do you eat fast food?

Molly: Well, five or six times a week, probably. But I try to eat fresh fruit and vegetables every now and then. And I try to avoid sugary drinks and have milk instead.

Interviewer: What about school lunches?

Molly: I have lunch at the school cafeteria every day. But the meals aren't very healthy: we often have chips or pizzas or hot dogs, and ice cream!

Interviewer: Do you know what the nutrition pyramid is?

Molly: Yes, we have learned about it at school. But it's so complicated, isn't it?

Interviewer: Hm ..., another question: do you like sports and exercise?

Molly: Not very much, to tell the truth.

Interviewer: But do you think that doing sports regularly can help you to stay healthy and fit?

Molly: Yes, definitely, but sometimes I'm so tired I can't do anything!

Interviewer: What do you do for your fitness?

Molly: Hm ..., we have physical education at school.

Interviewer: How many lessons a week?

Molly: One.

Interviewer: One – that's not very much! Any other activities?

Molly: No, ... I used to do in-line skating, but I hurt my knee and then I stopped.

Interviewer: Thanks for talking to me, Molly!

Molly: You are welcome!



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Read the sentences carefully. Then listen to the interview with Molly, a 14-year-old student, and tick (✓) true (T), false (F) or not in the text (N). You will hear the interview twice.

The following explanations will help you to understand the text:

survey – *Umfrage*

nutrition – *Ernährung*

balanced diet – *ausgewogene Ernährung*

nutrition pyramid – *Ernährungspyramide*

physical activity – *körperliche Aktivität*

	T	F	N
 (1) The interviewer asks Molly a lot of questions about food and sports.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(2) Molly says that healthy food is very important for her and she always tries to eat healthy food.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(3) Her mother doesn't cook very often.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(4) At school, they get really healthy meals.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(5) Molly loves school lunches.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(6) She loves sports and does a lot of exercise.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(7) They have only one lesson a week in physical education.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(8) Her favourite sport is in-line skating: she loves it because it is so dangerous.	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

LÖSUNG



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(1) The interviewer asks Molly a lot of questions about food and sports.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(2) Molly says that healthy food is very important for her and she always tries to eat healthy food.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
(3) Her mother doesn't cook very often.	<input checked="" type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
(4) At school, they get really healthy meals.	<input type="checkbox"/>	<input checked="" type="checkbox"/>	<input type="checkbox"/>
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