



Fertigkeit	Hören
Relevante(r) Deskriptor(en)	Deskriptor 4: Kann in Texten (Audio- und Videoaufnahmen) über vertraute Themen die Hauptpunkte verstehen, wenn deutlich gesprochen wird. (B1)
Themenbereich(e)	Körper und Gesundheit Essen und Trinken
Zeitbedarf	8 Minuten (Vorbereitung, zweimaliges Vorspielen, Bearbeitung)
Länge des Hörtexts	2:45 Minuten
Material- und Medienbedarf	Abspielmöglichkeit für Hörtext Schreibmaterial
Besondere Bemerkungen, Hinweise zur Durchführung	---
Quelle	---



TAPE SCRIPT

Good morning, girls and boys!

My name is Dr Helen Cane and I have been invited here today to talk about healthy living. Now, you may laugh out loud and say “But I know all about that!” If this is true, all the better, but you should still listen to me: one cannot hear important things often enough!

First of all, let’s take a look at healthy eating:

Fruit and vegetables are an absolutely necessary part of every diet: you should eat at least five portions of them every day – so don’t forget to take apples, oranges, or carrots to school with you!

In most cases, you will not be cooking for yourself yet, so check how your parents are doing it: if they fry a lot of things, ask them politely to use less fat in cooking: it is better for you and for them! Try to tell them to cook more dishes with vegetables, pasta, rice, and potatoes – but, again, without using too much fat!

Eating less fat, salt, and sugar is, of course, not so easy: we all love our chocolate bars and our packets of crisps! You do not have to give them up completely, but do remember that they are not really good for us.

Second, being active physically is a very good idea if we want to be fit and healthy ... and, of course, attractive!

Look at your daily routine and see what physical activities you are already doing and what you can do to have an even healthier lifestyle. An easy way to begin is to use the stairs rather than the lift, for example. If you are not doing it already, cycle or walk part or all of the way to school. If you want to do more, find out about the sports clubs that your school or your local sports centres offer, and join one or several of them. One of the main secrets is that it is much easier to get fit if you are doing it together with others. Don’t just sit around chatting with your friends, go out for a walk or a cycle ride together!

The main thing is that you learn to enjoy your healthier eating and your active lifestyle, as this way you’re more likely to keep doing it. I can promise you that you will feel great!



HEALTHY LIVING

Listen to the programme on healthy living and tick (✓) the five points Dr Cane really makes in her speech.

(The correct answers are based ONLY on WHAT SHE SAYS, NOT on WHAT YOU KNOW about healthy living!).

You will hear the text twice.

- ✎ a) Most teenagers live very unhealthy lives.
- b) You should eat a lot of fruit and vegetables.
- c) You should not eat too much meat.
- d) You should talk to your parents about healthy cooking.
- e) Schools sell a lot of salty, fatty, and sugary food.
- f) You should not eat too many crisps and chocolate bars.
- g) Taking the stairs instead of the lift is a good start to becoming fit.
- h) You should go cycling for two hours every day.
- i) You and your friends must join a sports club.
- j) Learn to enjoy eating healthy food and being more active!

LÖSUNG



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- j) Learn to enjoy eating healthy food and being more active!