

## Health and Fitness

### Task 1: Avocados

#### Activity 1: Listening

Welcome to a practice listening for the GESE 6.

You are going to hear a talk about **avocados**. You will hear the talk twice. As you listen, write down some notes about what you hear, if you want to. I will ask you six questions on some facts about **avocados**. Are you ready?

#### Audio Script

A very popular fruit these days is the avocado. It comes originally from Mexico, although it is now produced in many other countries in the world. An avocado tree can produce anywhere from 200 to 500 avocados a year. Approximately five million five-hundred and seventy-five thousand (5,575,000) avocados are produced every year. A reason that the avocado is popular is because it has more potassium than the banana. Also, the National Cancer institute says that avocados are really good for the immune system. The avocado oil is richly filled with vitamins A, B, E and G. This might be why it is such a popular food ingredient nowadays with chefs around the world and people in their house. It is considered a superfood, even if it can be rather expensive.

Now I will ask you some questions. You only need to answer in a few words.

Now let's look at the questions again, but with the possible answers.

This is the end of the listening task.

#### Questions & Answers:

1	What country first produced the avocado?	Mexico
2	How many avocados can a tree produce a year?	from 200 to 500 avocados
3	How many avocados are produced a year?	Approximately 5,575,000 / five million five-hundred and seventy-five thousand
4	Avocados have more potassium than what fruit?	Banana
5	What are avocados good for?	The immune system
6	Why might chefs use this as an ingredient?	filled with vitamins (A / B / E / G)

Marks: +\_ / +6