



## Health and Fitness

### Task 1: Pineapples

#### Activity 1: Listening

Welcome to a practice listening for the GESE 6.

You are going to hear a talk about pineapples. 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 pineapples. Are you ready?

#### Audio Script

The pineapple is a unique sweet fruit. This plant can produce one pineapple per season. It can do this throughout fifty years, producing a total of fifty pineapples. However, it can take up to three years to grow and mature before it starts producing. You mustn't be fooled by its name. It is neither related to a pine or an apple. It is actually related to a berry. Costa Rica is responsible for producing seventy-five percent of the pineapples that are sold in Europe. Next time you have a pineapple, save the top of the pineapple. If you plant it, you can start growing a pineapple and produce fruit from it. There're a lot of reasons to eat pineapples. For example, it helps you stay hydrated, it is high on vitamin C and increases your metabolism. It is full of potassium and helps you sleep better at night. The pineapple has many benefits, and having a few slices every day will help a person enjoy the benefits of the pineapple.

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	How many pineapples can one plant produce through its life?	50 / fifty (pineapples)
2	How long does it take for a plant to grow and mature?	3 / three years
3	To what plant is the pineapple related to?	The berry
4	How many pineapples are sold in Europe come from Costa Rica?	75% / seventy-five percent
5	What can you do with the top of a pineapple?	Grow a pineapple plant
6	Say two reasons why should somebody eat pineapple?	Stay hydrated / high on vitamin C / increase metabolism / full of potassium / helps you



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Marks: +\_ / +6