



## Health and Fitness

### Task 1: A Healthy Restaurant

#### Activity 1: Listening

Welcome to a practice listening for the ISE 1, listening task 1.

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

#### Audio Script

Have you ever thought about how to eat healthy when you go to a restaurant? Well, here are some tips that can help! The first thing is to study the menu. If the dishes have words like “fried”, “cream” or “breaded”, you’ll probably not want to order this because of all the fat and salt it might have. You need to keep a look out for words like “grilled”, “steamed” or “baked” that tend to be healthier dishes. Another thing that you must consider, is that some cuisines are healthier than others. So, if you order ethnic food, such as Japanese or Indian, it could be easier to eat healthier when eating out. Also, in the past people were eating anything that was served to them in a restaurant but these days we have more information about what is healthy and what isn’t. Don’t be afraid to ask the waiter how the food is prepared because you have to know the ingredients in order to make sure that you are eating healthy. Something that you may prefer to do is drink a lot of water instead of other drinks. Other sugary drinks can have many calories and by drinking water you will eliminate those calories and help your body realize your full. If it is too boring, you can always add a lemon!

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

This is the end of listening task 1.

#### Questions & Answers:

1	What words should you avoid on a menu?	fried / cream / breaded
2	What are good words to notice on a menu?	grilled / steamed / baked
3	What type of ethnic food could be healthier?	Japanese / Indian
4	Tell me what people have these days?	more information about what is health (and what isn’t)
5	What should you ask the waiter?	How the food is prepared
6	What should you drink when going to a restaurant?	water / not sugary drinks



Marks: +\_ / +6

### Activity 2: Reading

Find grammar in the audio script and highlight it, writing behind the grammar: For example:

You must know that... = You **must [modal verb: must]** know that

Grammar list:

- Present Perfect
- Because
- Because of
- Will for future use: will probably // will surely // will likely
- Adverbial quantities: a lot // much // many
- Expressions of preferences: I prefer // I would rather // I'd rather
- Zero Conditional
- First Conditional
- Past Continuous
- Modal verb: must
- Modal verb: Might
- Semi-modal verb: have to
- Semi-modal verb: need to
- Infinitive of Purpose: in order to // so as to

Once you have found all the grammar, write down some vocabulary and ideas in the audioscript.

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.



### Activity 3: Writing

Write a review to your teacher (100 to 130 words) about a restaurant that you went with your family or friends:

- >> Say when and where you went
- >> Tell what you have to eat and
- >> Recommend who should eat there

Plan your writing with the grammar, writing format, and ideas from the writing prompt before starting.



#### Activity 4: Speaking

Now, think about having a two minute conversation about: How can a person eat healthy food when going out to eat? You can use ideas from the listening activity and/or add your own ideas.

What ideas can you use?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.

What questions can you ask?

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.