



## Money

### Task 2: How Money Can Affect Your Health

Welcome to a practice listening for the ISE 1, listening task 2.

You are going to hear a short talk about **how money can affect your health**. You will hear the talk twice. The first time, just listen. Then I'll ask you to tell me in a few words what the speaker is talking about. Are you ready?

*The task will play once*

Now tell me in a few words what the talk was about.

*Give the candidate some blank paper*

Now listen to the talk again. Write down some notes about what you hear if you want to. Then I'll ask you to tell me six pieces of information about **how money can affect your health**. Are you ready?

Now tell six pieces of information about **how money can affect your health**.

Now let's go over the potential questions. Remember, the examiner can ask you up to 4 additional questions after you say the six pieces of information that you heard.

This is the end of listening task 2.

### Audio Script

You must know that there is a saying that "health is wealth" and there is a good reason why this saying needs to exist. It is well-known that a person's personal finances can be the blame of somebody experiencing health problems like, heart disease, stroke and mental illness. In fact, many people that had problems with debt and were able to pay their debt off, have said that they started to feel better physically afterwards because they weren't worrying about their finances. For example, if you are worried about money, this will probably cause you to have high blood pressure. This can bring on different health problems that most people prefer to keep away from. Also, more than half of the people that had debt said that they had muscle tension, such as back pains. Upto 44% had headaches because of this kind of stress. Moreover, you have to keep in mind that people with debt problems don't tend to have regular eating habits and might not be able to afford healthy food like somebody who is debt free. Apart from that, people that have problems buying healthy food, also have had trouble paying to go to the doctor and may avoid doing medical check-ups. So, it is important to not have debt in order to eat well and it is important to eat well so that you can avoid important healthcare bills in the future. Being free of debt is the best thing that a person can do for their physical and mental health. Finally, if you do yoga or pilates, it can help you relieve a lot of that stress that a person feels from financial problems.

### Answers & Questions

|    |  |  |
|----|--|--|
| 1  | (a person's) personal finances               | What can be the blame of somebody experiencing health problems?            |
| 2  | heart disease / stroke / mental illness      | What are some health problems a person can have?                           |
| 3  | started to feel better physically afterwards | What happened to those people that were able to pay off their debt?        |
| 4  | have high blood pressure                     | What can happen if you worry about money?                                  |
| 5  | more than half                               | How many people said they had muscle tension?                              |
| 6  | Upto 44%                                     | How many people had headaches?   |
| 7  | Problems buying healthy food                 | Why might somebody not eat healthy?  |
| 8  | go to the doctor / (medical) check-ups       | Apart from food, what else might people with debt have trouble paying for? |
| 9  | Being debt free                              | Tell me what is the best thing a person can do for themselves.             |
| 10 | Yoga / Pilates                               | What is something that you can do to help keep stress down?                |

Marks: +\_ / +10



## 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 an essay for your teacher (100 to 130 words) about how having money problems can be stressful:

- >> Explain the different problems it can have for your health
- >> Say how you can take care of your health if you have money problems and
- >> Recommend what a person should do to not worry about money

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: What are some ways that people have money problems and how can they avoid it? 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.