



## Listening activity 1: Calories

### Get started:

1. What is a calorie? (Explain it in English)

### Listening:

## Listen to the audio

2. Now, listen and complete the gaps with the words in the box:

exercise - intake - pizza - calories - eat - day - problem - restaurants.

Do you ever think about or worry about the number of ..... you eat and drink every ..... It's not really something I thought about when I was younger. But now I have to think about my calorie ..... I'm putting on weight and so need to be more careful with what I ..... This is difficult because all of the yummiest food has the most calories. I've found an answer to this ..... If I do lots of ....., I can eat what I want and not have to worry about calories. I burn off 500 calories when I jog for an hour. This means I can have a ..... and dessert and not feel guilty. I wish there was more information about calories in ..... It would make it easier for me to know what to eat and what to avoid.



## Listening activity 1:

### Calories

### Key

#### Get started:

1. What is a calorie? (Explain it in English)

A unit of energy used to express the energy yield of foods and energy expenditure by the body.

Source: Oxford dictionary of food and nutrition.

A unit of energy, often used as a measurement of the amount of energy that food provides.

Source: Cambridge dictionary.

#### Listening:

2. Now, listen and complete the spaces with the words in the box:

exercise - intake - pizza - calories - eat - day - problem - restaurants.

Do you ever think about or worry about the number of **calories** you eat and drink every **day**. It's not really something I thought about when I was younger. But now I have to think about my calorie **intake**. I'm putting on weight and so need to be more careful with what I **eat**. This is difficult because all of the yummiest food has the most calories. I've found an answer to this **problem** If I do lots of **exercise**, I can eat what I want and not have to worry about calories. I burn off 500 calories when I jog for an hour. This means I can have a **pizza** and dessert and not feel guilty. I wish there was more information about calories in **restaurants**. It would make it easier for me to know what to eat and what to avoid.