

# LISTEN A MINUTE.com

## Calories

<http://www.listenAminute.com/c/calories.html>



One minute a day is all you need to improve your listening skills.  
Focus on new words, grammar and pronunciation in this short text.  
Doing the online activities, discussion, survey and writing will help.  
Listen many times – enough for you to you understand everything.

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## THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/c/calories.html>

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.



## LISTENING GAP FILL

From: <http://www.listenAminute.com/c/calories.html>

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



## CORRECT THE SPELLING

From: <http://www.listenAminute.com/c/calories.html>

Do you ever think about or ryorw about the number of scrieloa you eat and drink every day. It's not really something I thought about when I was nygroue. But now I have to think about my calorie tiakne. I'm putting on weight and so need to be more careful with what I eat. This is difficult because all of the ysuimmte food has the most calories. I've found an nswrae to this problem. If I do lots of reisxeec, 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 tdsseer and not feel liugyt. 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 ovdia.

## UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/c/calories.html>

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



 **DISCUSSION** (Write your own questions)

**STUDENT A's QUESTIONS** (Do not show these to student B)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

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 **DISCUSSION** (Write your own questions)

**STUDENT B's QUESTIONS** (Do not show these to student A)

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_

# STUDENT CALORIES SURVEY

From: <http://www.listenAminute.com/c/calories.html>

Write five GOOD questions about calories in the table. Do this in pairs. Each student must write the questions on his / her own paper.

When you have finished, interview other students. Write down their answers.

	STUDENT 1 _____	STUDENT 2 _____	STUDENT 3 _____
Q.1.			
Q.2.			
Q.3.			
Q.4.			
Q.5.			

- Now return to your original partner and share and talk about what you found out. Change partners often.
- Make mini-presentations to other groups on your findings.





## **HOMEWORK**

**1. VOCABULARY EXTENSION:** Choose several of the words from the text. Use a dictionary or Google's search field (or another search engine) to build up more associations / collocations of each word.

**2. INTERNET INFO:** Search the Internet and find more information about calories. Talk about what you discover with your partner(s) in the next lesson.

**3. MAGAZINE ARTICLE:** Write a magazine article about calories. Read what you wrote to your classmates in the next lesson. Give each other feedback on your articles.

**4. CALORIES POSTER** Make a poster about calories. Show it to your classmates in the next lesson. Give each other feedback on your posters.

**5. MY CALORIES LESSON:** Make your own English lesson on calories. Make sure there is a good mix of things to do. Find some good online activities. Teach the class / another group when you have finished.

**6. ONLINE SHARING:** Use your blog, wiki, Facebook page, MySpace page, Twitter stream, Del-icio-us / StumbleUpon account, or any other social media tool to get opinions on calories. Share your findings with the class.

