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| **Words** | **definitions** |
| 1.self-esteem  2. hormones  3. circulation  4. metabolism  5. diet  6. skinny  7. in good shape  8. consume | a. all the chemical processes in the body, especially those that cause food to be used for energy and growth  b. the food and drink eaten and drunk by a person  c. very thin  d. self-confidence  e. a more formal word for ‘eat’  f. the movement of blood around the body  g. chemical substances produced in animals and plants that controls and influences development, growth and sex and so on.  h. fit and healthy |

**Act Two : Read the questions and choose the correct answers.**

1. The speaker mentions a story about a school girl who killed herself because...

a. ...she was teased by her classmates.

b. ...she was teased by her teacher.

c. ...she was teased by her parents.

2. The speaker says that the biggest problem with going to beauty salons is...

a. ...the effects don’t last.

b. ...it is very expensive.

c. ...it is not effective.

3. The speaker thinks...

a. ...getting up early helps you lose weight.

b. ...going to bed early helps you lose weight.

c. ...going to be late helps you lose weight.

4. The speaker thinks that going to the gym is the most effective method. It also helps you by...

a. ...improving your concentration.

b. ...improving your circulation.

c. ...improving your eyesight.

5. The speaker thinks that losing weight regularly is good for your...

a. ...finances.

b. ...social life.

c. ...self-confidence.