

ActiveBook Listening Comprehension Audioscript

Unit 6

A. True / false

I'm Matt Lemke . . . To stay in good shape, I ride my mountain bike with my friends at least three times a week. We go riding up and down the steep hills near my home—so it's pretty challenging. But it doesn't feel like exercise—it's a lot of fun. I also go to the gym four times a week to lift weights. With so much exercise, I can actually eat a lot of food and still stay thin! Even so, I am still careful to avoid fried foods or any type of food that's high in fat. I also drink a lot of water every day. And I try to get enough sleep.

B. Fill in

Conversation One [B = Chinese]

A: When do you usually eat breakfast?

B: Me? I never eat breakfast. No time.

Conversation Two

A: Where's Tony? He usually goes swimming on Mondays, doesn't he?

B: Usually. But he has to pick up his mom from the airport tonight.

Conversation Three [A = U.S. regional]

A: Do you have to pig out on all that junk food? It's bad for you!

B: Hey, you know I almost always eat healthy stuff.

A: That's true. But it's really kind of gross.

Conversation Four [A = Lithuanian]

A: So how much time do you spend at the track?

B: Oh, I run for about thirty minutes or so.

A: Every day?

B: Yup.