

Student's Book Audioscript

Unit 6

Page 64, Exercise B

One

I can play the guitar.

Two

I can't cook.

Three

I can't play tennis at ten.

Four

I can play tennis at 6:30.

Five

I can go swimming on Saturday.

Six

I can't go swimming on Sunday.

Page 67, Listening Comprehension

Conversation One

A: Do you play golf?

B: Once in a while.

A: Like how often?

B: Oh, I get to the golf course maybe . . . oh twice a year.

A: That's all?

Conversation Two

A: So how often do you get to the gym?

B: A few times a week.

A: Oh yeah? That's pretty good.

B: Yeah. Usually three times a week. But once in a while four.

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Conversation Three [A = British English]

A: Why don't we get together and play tennis sometime?

B: That would be great. I play at the tennis courts in the park all the time.

A: Really? We should definitely play there then.

Conversation Four

A: Well, I'm off to the pool. Want to come?

B: Me? I don't think so.

A: Come on. You can burn some calories.

B: No way. Swimming's not for me.

Conversation Five

A: What are you doing this afternoon?

B: Nothing special. Why?

A: You want to go bike riding?

B: Did you know I'm a big bike riding fan?

A: Actually, no, I didn't.

B: It's true. I ride my bike every weekend—rain or shine.

A: That's great!

Page 68, Listening Comprehension

Jessica Miller

I'm Jessica Miller. I run a lot to stay in shape—about five days a week, for about 45 minutes to . . . oh . . . I'd say an hour and a half for each run. I do that all year round—winter and summer. I try to eat well, too. I eat a lot of greens . . . and a lot of fruit . . . I don't eat much meat . . . and I try to avoid fried foods—or foods that are high in fat—as much as possible. But the truth is, with all the running I do, I can pretty much eat anything I want. I always eat breakfast—I never skip it. I think it's an important meal. I like desserts, but I generally avoid candy. Except for chocolate. But if I do eat chocolate, it has to be *good* chocolate. Oh, and I drink lots of water. Never soda. But lots of water.

Juan Reyneri

I'm Juan Reyneri. What do I do to stay in shape? As far as exercise goes, I go to the gym and lift weights on Mondays, Wednesdays, and Fridays. And then I run on Tuesdays, Thursdays, and Saturdays. I also try to eat right. I actually eat five or six small simple meals each day, rather than two or three big ones. So you'll always see me munching on something. I generally avoid sodas and sweets, and I drink a large glass of water with each meal. I eat pretty healthy food six days a week and then on Sundays I pig out on junk food—pizza, burgers, ice cream—just about anything I want.

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Naomi Sato

Hi. Naomi Sato here . . . Exercise? Well, the truth is I generally don't exercise at all. Occasionally I go for walks with my daughters, but not that often. You know, I'd like to get a lot more exercise, but I really don't have time for it. As far as eating goes, I try to eat right. We eat salmon or some other kind of fish at least once a week and we eat lots of salads. We try to eat fruits and vegetables every day. Luckily my daughters love vegetables, especially broccoli. And unfortunately, I have a sweet tooth—I love cookies. I make cookies with my daughters every weekend.

Page 72, Listening Comprehension

Conversation One [B = Spanish]

A: Hey, why don't we go running together some time?

B: Good idea. I need to burn some calories.

A: What do you mean? You're in pretty good shape.

B: Well, I eat way too much junk food. And after work I just sit around and watch TV. I think I need to start exercising again.

A: Then let's start tomorrow!

Conversation Two

A: Fred! What are you doing here?

B: Angela! What a surprise! I never see you here. Do you come to the pool often?

A: I'm afraid not. This is my first time in months.

B: So you don't swim regularly?

A: You know me. I'm basically a couch potato. But everyone has to change some time, right?

Conversation Three

A: So what do you do to stay in shape?

B: Not much, actually. I'm just one of those people who can eat and eat and never get fat.

A: I wish I could do that! If I'm not careful about the calories, I'm in big trouble.

B: Don't you do anything to stay in shape?

A: Me? No way.

Conversation Four

A: Did you read about this blind athlete, Dave Heeley?

B: No. What does he do?

A: He's a runner. He runs in marathons all over the world.

B: How can he do that if he can't see?

A: Well, he has to get help from another runner who can see. But from what I hear, the other runner has to work really hard to keep up with him!

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