

# **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 understand everything.**

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 **THE LISTENING TAPESCRIP**

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.



 WRITING

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

**Write about calories for 10 minutes. Show your partner your paper. Correct each other's work.**

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# 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.

