

LISTEN A MINUTE.com

Weight

<http://www.listenAminute.com/w/weight.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.

Follow me: <http://twitter.com/SeanBanville>

THE LISTENING TAPESCRIPT

From: <http://www.listenAminute.com/w/weight.html>

So many people worry about their weight. And so many people never worry about their weight but they should. I think my weight is OK. I'm rarely overweight and I've never been underweight. I find it very easy to stick to the same weight. All I need to do is watch what I eat and do a little exercise. When you open a magazine, you see pages of ads telling us to watch our weight. There are dozens of slim young people with perfect bodies telling us we can be like them. All we need to do is buy the how-to-lose-weight book for \$50. I lost 15 kg once. It was easy. No lunch for 6 months and lots of exercise. The problem is, I stopped exercising and put it all back again. It's easy to gain weight if you're not careful.

LISTENING GAP FILL

From: <http://www.listenAminute.com/w/weight.html>

So many people _____ weight. And so many people never worry _____ but they should. I think my weight is OK. I'm rarely overweight and I've never _____. I find it very easy to stick to the same weight. All I need to do is watch what I eat and do _____. When you open a magazine, you see pages of ads telling _____ weight. There are dozens of slim young people with perfect bodies _____ be like them. All _____ is buy the how-to-lose-weight book for \$50. I lost 15 kg once. It was easy. No lunch for 6 months and lots of exercise. The problem is, I stopped exercising and _____ again. It's easy to gain weight if you're not careful.



CORRECT THE SPELLING

From: <http://www.listenAminute.com/w/weight.html>

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UNJUMBLE THE WORDS

From: <http://www.listenAminute.com/w/weight.html>

their So people about weight many worry. And so many
people they but weight their about worry never should. I
think my weight is OK. I'm rarely overweight and I've
never been underweight. I find it very easy to stick to the
same weight. what All to watch eat need is I I do and do
a little exercise. When you open a magazine, you see
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lose-weight book for \$50. I lost 15 kg once. It was easy.
of 6 exercise months No and lunch lots for. The problem
is, again put I it stopped all exercising back and. It's easy
careful gain if not to weight you're.

 **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 WEIGHT SURVEY

From: <http://www.listenAminute.com/w/weight.html>

Write five GOOD questions about weight 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/w/weight.html>

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

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 weight. Talk about what you discover with your partner(s) in the next lesson.

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

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

5. MY WEIGHT LESSON: Make your own English lesson on weight. 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, StumbleUpon account, or any other social media tool to get opinions on weight. Share your findings with the class.

