



B2 Sample listening task – Health and well-being

EXAMINERS RUBRIC:

You're going to hear a talk about health and well-being. You will hear the talk twice. Then I will ask you to tell me very briefly, without naming details, what the speaker is talking about. Are you ready?

AUDIO SCRIPT:

Good afternoon. Today, I would like to talk about health and well-being, and how important it is to take care of ourselves, both, physically and mentally. Maintaining a healthy lifestyle is key to this. Our physical health affects our mental health, and vice versa. There are a number of ways in which we can improve our well-being. Firstly, it's important to exercise regularly. This doesn't necessarily mean going to the gym every day, but it does mean being active. Walking, cycling, swimming, or taking a dance class are all great ways to get moving. Exercise helps to reduce stress levels and releases endorphins, which are natural mood enhancers.

Secondly, diet is a key factor in maintaining a healthy lifestyle. Eating a balanced diet with plenty of fruit and vegetables, whole grains, and lean proteins can help to boost our immune system and improve our overall well-being. It's important to drink plenty of liquids, to keep ourselves hydrated, and to help our bodies function properly. Thirdly, getting enough sleep is crucial to maintaining good health.

Sleep helps to reduce stress, improve memory and concentration, and allow our bodies to repair and rejuvenate. Most adults need between seven and nine hours of sleep each night. Fourthly, it's important to manage stress levels. Stress can have a negative impact on both, our physical and mental health. Techniques, such as mindfulness, meditation, or yoga, can help to reduce stress levels and enhance our daily lives.

Finally, it's important to take care of our mental health. This means, being kind to ourselves, and seeking help when we need it. Talking to friends or family, or seeking professional help from a therapist or counsellor, can help to improve our mental health and well-being. In a nutshell, maintaining a healthy lifestyle is crucial to our overall health and well-being. Exercise, a balanced diet, sufficient sleep, stress management, and taking care of our mental health, are all important factors. Remember, small changes can make a big difference!

EXAMINER:

Can you tell me now, in one or two sentences, what the speaker was generally talking about? Now listen to the talk again. If you want, you can take some notes now as you listen to the talk. Then, I would like to know what suggestions, and advice the speaker gives, about maintaining a healthy lifestyle. Are you ready? (The audio task will be played once again). Now, tell me in only one minute, what suggestions and advice the speaker gives about maintaining a healthy lifestyle.

ANSWERS:

Main point: Suggestions and advice for maintaining a healthy lifestyle

1. Regular exercise, a balanced diet, sufficient sleep, stress management, and taking care of our mental health are all important factors in maintaining a healthy lifestyle.
2. Good physical and mental health are interconnected and maintaining a healthy lifestyle can improve both.
3. Exercise releases endorphins and reduces stress levels, while a balanced diet boosts the immune system and overall well-being.
4. Mindfulness, meditation, and yoga can help to manage stress levels and improve mental health.
5. Sleep is crucial to good health, allowing our bodies to repair and rejuvenate.
6. Seeking help when needed, such as talking to friends or family or seeking professional help, is important for mental health and well-being.
7. Small changes can make a big difference in maintaining a healthy lifestyle.
8. Maintaining a healthy lifestyle is key to overall well-being, and involves taking care of our physical