

Listening skills practice: Teens going veggie – exercises

Listen to five teenagers talking about becoming vegetarian or vegan and do the exercises to practise and improve your listening skills.

Preparation

Circle the correct option to complete the sentence.

1. Your diet is ...
 - a. what you eat.
 - b. what you eat when you want to be healthy.
 - c. how often you eat.

2. To 'go on a diet' is ...
 - a. to combine healthy eating with exercise.
 - b. to stop eating meat.
 - c. to try to lose weight by eating less food or certain types of food.

3. A vegetarian is someone who ...
 - a. doesn't eat meat.
 - b. doesn't eat meat or fish.
 - c. doesn't eat any animal products, including eggs and milk.

4. A vegan is someone who ...
 - a. doesn't eat meat.
 - b. doesn't eat meat or fish.
 - c. doesn't eat any animal products, including eggs and milk.

5. If a diet is nutritious, it contains ...
 - a. more protein than carbohydrate.
 - b. all the elements that the body needs.
 - c. lots of vitamins.

6. Protein is a substance in food which is needed by the body for many biological processes. It can be found in high levels in ...
 - a. meat, eggs, cheese, fish and nuts.
 - b. apples, oranges, lemons and mangoes.
 - c. olive oil, vegetable oil, butter and margarine.

1. Check your understanding: matching

Match the sentences to the speakers and write a–h next to the numbers 1–8.

- | | | |
|--------|-----------|---|
| 1..... | Speaker 1 | a. Is vegetarian because they were influenced by a famous person. |
| 2..... | Speaker 2 | b. Became vegetarian because of their family. |
| 3..... | Speaker 3 | c. Is vegetarian for health reasons. |
| 4..... | Speaker 4 | d. Is vegetarian because they dislike meat. |
| 5..... | Speaker 5 | e. Is vegan because they follow social media trends. |
| 6..... | Not said | f. Is vegan for ethical reasons. |
| 7..... | Not said | g. Is vegan for health reasons. |
| 8..... | Not said | h. Is vegan because they love vegetables. |

2. Check your understanding: multiple choice

Circle the best answer to these questions.

- Speaker 1 says she has noticed an improvement in ...
 - her energy levels.
 - her physical appearance.
 - her school marks.
- Speaker 1 doesn't cook because ...
 - she needs to study instead.
 - her family eat a lot of takeaways.
 - her mum enjoys doing it.
- Speaker 2 says there are ...
 - 5,000 vegans in the UK.
 - 500,000 vegans in the UK.
 - 1,000,000 vegans in the UK.
- Some of speaker 2's schoolmates ...
 - are unsupportive.
 - are also vegans.
 - have changed their opinion on veganism.
- Speaker 3 ...
 - is not strict about eating meat.
 - likes fruit but not vegetables.
 - doesn't eat enough nutritious food.

6. Speaker 3 makes ...
- a. no effort to eat healthily.
 - b. some effort to eat healthily.
 - c. a lot of effort to eat healthily.
7. Speaker 4 found it most difficult to be a young vegetarian ...
- a. at home.
 - b. at social events.
 - c. when people at school found out.
8. Since leaving home, speaker 4 ...
- a. eats a less varied diet.
 - b. is not so strict about being vegetarian.
 - c. finds it easier to be vegetarian.
9. Speaker 5 disagrees with ...
- a. eating any living thing.
 - b. the treatment of animals by the food industry.
 - c. cruelty to intelligent creatures like cows.
10. For speaker 5, the downside of vegan food is ...
- a. the time spent on preparation.
 - b. the lack of variety.
 - c. the texture.

Discussion

Are you vegan or vegetarian?

What do you like or dislike about your diet?

Which of the speaker's points do you agree with?