



**POZIOM B1-B2**

Ewelina Błońska

# **IMPROVE YOUR LISTENING SKILLS**

Słuchaj ze zrozumieniem  
i ćwicz angielski

wydawnictwo  
**poltext**





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## UNIT 2.

# American Eating Habits

***One cannot think well, love well, sleep well,  
if one has not dined well.***

Virginia Woolf

This module encompasses eating vocabulary and gives you an opportunity to listen to a woman describing current eating tendencies among Americans in different parts of the USA.

Before listening, it is advisable to familiarize yourself with a list of new lexical items presented in the attached glossary as well as with a few phrasal verbs which are mentioned by the speaker.

There are three listening exercises attached to this recording which include a range of tasks: multiple choice, true or false listening comprehension and sentence completion. Such kinds of exercises can be very helpful in developing the skills needed to make practical use of the language in a variety of contexts. This recording takes the form of a monologue and lasts altogether three minutes.

In this module you can get a maximum of 20 points (15 points after the first listening part and 5 points after the vocabulary revision part). Each correct answer receives 1 mark. At the end of this unit you will find the answers to each task as well as a transcription of the recording.

## Improve Your Listening Skills



VS.



Below you can find the descriptions of particular exercises.

**Exercise 1** is a pre-listening exercise that gives you a chance to match the words with pictures. All of the phrases are taken from the recording.

**Exercise 2** consists of five 3-option multiple-choice questions which require you to identify gist, attitude, opinion, situation, etc. There is only one correct answer for each question.

**Exercise 3** is a true or false listening comprehension which tests your analytical skills. First of all, you have to analyze a statement and then assess whether it is true or false. Read through each statement carefully and pay attention to the qualifiers and keywords that may indicate whether the answer is true or false. These types of questions are designed to encourage you to reason and critically compare the information contained in the question with the factual content you will be listening to.

**Exercise 4** tests your ability to follow a continuous text and to show your understanding of what you have heard by completing five sentences with specific words or phrases. Remember that the gapped sentences follow the order in which the information is heard in the recording. Moreover, you are not required to make any grammatical change to the key information needed to complete each sentence correctly.

**Exercise 5** is a vocabulary task which consists of five definitions. Your task is to write the correct words for these sentences. Most of the missing words are presented in a glossary, therefore you should remember them very well. Each correct answer receives 1 mark.

## UNIT 2. American Eating Habits

You will hear a woman talking about American eating habits. Before you listen, familiarize yourself with the glossary and look at the pronunciation of different words to help you understand what she says.

English word	English definition	Polish equivalent
<b>conscious</b> /'kɒnʃəs/	aware of or concerned about something, e.g.: health conscious	świadomy
<b>vegan</b> /'vi:gən/	someone who does not eat any animal products, such as meat, fish, milk or cheese	weganin
<b>tend to</b>	to show a preference towards something	przejawiać tendencję do czegoś
<b>clams</b> /klæm/	a shellfish which is edible and has two parts that open up	małże
<b>lobster</b>	a sea animal with two large claws	homar
<b>Thanksgiving</b>	a public holiday in the US and in Canada when families have a large meal together to celebrate and be thankful for food, health, etc.	Święto Dziękczynienia

<b>chowder</b> /'tʃaʊdə(r)/	a thick soup usually made with fish, vegetables and milk	amerykańska zupa, np. kukurydziana lub ziemniaczana
<b>pork</b>	the meat from pigs	wieprzowina
<b>beef</b>	the meat from cows	wołowina
<b>asparagus</b>	a long thin green vegetable with a point at one end: see picture	szparag

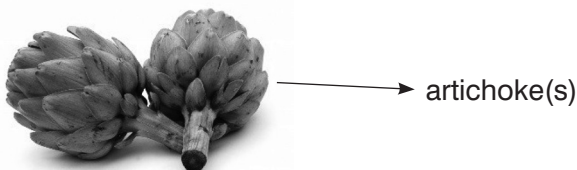


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<b>artichoke</b> /'ɑ:(r)ɪ,tʃəʊk/	round green vegetable which has buds with edible leaves: see picture	karczoch
<b>fig</b> /fɪg/	a soft sweet fruit with a lot of small seeds, often eaten dried: see picture	figa
<b>date</b> /deɪt/	a sweet sticky brown fruit with a long hard seed inside: see picture	daktyl

<b>persimmon</b>	a soft orange-coloured fruit that grows in hot countries: see picture	persymona
<b>alfalfa sprouts</b>	the germinating form of alfalfa seeds. They require only water and cool temperatures to emerge in two to seven days: see picture	kielki lucerny
<b>germinate</b> /'dʒɜ:(r)mɪneɪt/	to begin to grow	kielkować
<b>tostada</b> /tostədə/	a Spanish word which literally means "toasted". It is used in Latin America to name several different traditional local dishes which are toasted.	tostada
<b>predominant</b>	most frequent or common	dominujący, przeważający

To help you boost your vocabulary the following pictures are attached. The words associated with the pictures are shown with their plural form in brackets – (s). Say the word out loud and try to remember it.

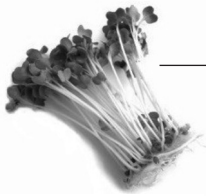




asparagus



persimmon(s)



alfalfa sprouts



fig(s)



date(s)

### Phrasal verbs

As you probably know phrasal verbs are particularly frequent in the English language, however a phrasal verb has a meaning which is often different from the original verb. To make the recording more understandable a few phrasal verbs have been gathered and are listed in the following table. Before you listen, acquaint yourself with the glossary and look at the meaning of different words to help you understand what the speaker says.

## Improve Your Listening Skills

English phrasal verb	English meaning	Polish equivalent
take out	to buy a meal in a restaurant and eat it at home	kupować na wynos
go out	to leave your house in order to enjoy yourself	wyjść
cut down	to limit something, e.g. cut down on eating sweets	ograniczyć
grow up	to develop from being a child to being an adult	dorastać

### Exercise 1 pre-teaching vocabulary

Match the words and pictures: *pork meat pie, corn chowder, burrito, tostada(s), clams, bratwurst.*



1. ....

2. ....



3. ....

4. ....



5. ....

6. ....

**Exercise 2** multiple choice



This exercise tests your ability to listen for gist, opinion, relationship, etc. In the first part you will listen to a woman talking about American eating habits. This recording takes the form of a monologue and lasts approximately two minutes. During the first listening try to grab the gist and understand the general meaning.

**You have five questions with three potential answers each. Only one answer is correct. For questions 1–5, choose the best answer (a, b or c). You may hear the recording twice.**

1. According to the speaker, American people tend to go out and get something that has already been prepared for them because:
  - a) they are too busy to prepare sophisticated dishes on their own
  - b) they just don't like cooking
  - c) they don't like washing up after cooking
  
2. The situation that centres people around food is for example:
  - a) a holiday like Thanksgiving
  - b) a birthday party
  - c) Christmas
  
3. Americans are more health conscious than they were:
  - a) 10 years ago
  - b) 20 or 30 years ago
  - c) 30 or 40 years ago

## Improve Your Listening Skills

4. According to Barrett, Americans tend to gain more weight because:
  - a) they eat bigger portions
  - b) they have a favourable climate for becoming obese
  - c) they eat a lot of fast food
5. If Americans are on a diet, they:
  - a) turn into vegetarians or vegans
  - b) stop eating sweets
  - c) limit some food and portions they eat

### Exercise 3 true or false



You will hear a woman talking about American eating habits. For questions 6–10, decide which of the statements are TRUE and which are FALSE.

**Circle T for TRUE or F for FALSE. You will hear the recording twice. Each correct answer receives 1 mark.**

6. There are differences in eating habits depending on the region of America. T/F
7. The speaker grew up in the West Coast in the north in New England. T/F
8. In California many people eat sausages. T/F
9. As a result of different nationalities living in the US many new dishes have become popular. T/F
10. Americans tend to eat more fast food than they used to eat 15 years ago. T/F

### Exercise 4 gap filling



This exercise tests your ability to listen for specific words or phrases, focusing on detail, specific information and stated opinion, from a single long text, and produce written answers by completing gapped sentences.

**You are going to listen to the whole recording, and for questions 11–15, complete the sentences. Each gap requires one or two words. You should listen to the recording only once. Each correct answer receives 1 mark.**

11. \_\_\_\_\_ is one of the holidays that centres people around food.
12. Americans started eating more fresh food because they are more \_\_\_\_\_.
13. Because of a healthy lifestyle in the US many people become vegetarians or \_\_\_\_\_.
14. \_\_\_\_\_ is a Mexican dish that consists of a tortilla with various ingredients like: beans, meat, guacamole or lettuce.
15. In \_\_\_\_\_ people are more focused on eating fresh vegetables and fruit.

### Exercise 5 revision of vocabulary

**What do you remember?**

**Write words for the definitions:**

1. g\_\_\_\_\_ u\_\_\_\_\_ (verb) – to develop from being a child to being an adult.
2. b\_\_\_\_\_ (noun) – the meat from cows.
3. p\_\_\_\_\_ (adjective) – most frequent or common.
4. b\_\_\_\_\_ (noun) – a type of German sausage made from veal, beef, or most commonly pork.
5. g\_\_\_\_\_ o\_\_\_\_\_ (verb) – to leave your house in order to enjoy yourself.

### Exercise 6



#### Discussion

On the basis of the vocabulary presented in this unit you now have a chance to discuss the following questions:

1. What are the most common eating habits in your country?

## Improve Your Listening Skills

2. Have you ever been on a diet? Was it successful?
3. Do you think people judge others by their appearance? Why?
5. Which dish would you miss if you moved to a different country?
6. Describe your favourite dessert.
7. What's your advice for anyone who wants to lose weight?
8. Why do people become vegans or vegetarians?

### Answers

**Exercise 1** pre-teaching vocabulary

1. corn chowder, 2. clams, 3. tostada, 4. burrito, 5. bratwurst, 6. pork meat pie

**Exercise 2** multiple choice

1. b, 2. a, 3. b, 4. a, 5. c

**Exercise 3** true or false

6. T, 7. F, 8. F, 9. T, 10. F

**Exercise 4** gap filling

11. Thanksgiving, 12. health conscious, 13. vegans, 14. burrito, 15. California

**Exercise 5** revision of vocabulary

1. grow up, 2. beef, 3. predominant, 4. bratwurst, 5. go out

## TRANSCRIPTION: American Eating Habits

A lot of people think that Americans must eat a lot of hamburgers and French fries and sodas and milkshakes. We do, I think, eat a lot more fast food than other people, but it's really not the only thing that we eat. Most of the times we eat fast food or get things to take out or take home or we order them because we don't spend as much time as other countries when we eat food unless it's a holiday like Thanksgiving that centres around food. So when

we eat dinner, for example, we do tend to go out and get something that's already been prepared for us. Because the other thing is that Americans do like to eat at home so we get something out and bring it back home. So, we can eat together, we just don't like cooking meals.

We are using more fresh food than we used to because we are more health conscious in the USA than we were about 20 years or 30 years ago. So we eat a lot more fresh vegetables and fresh fruits and more people are vegetarians or vegans. We do eat bigger portions; I noticed from living in Europe and living in the United States that we put a lot more of the same food on the plate than you tend to do in Europe. That's probably also why Americans tend to gain weight more easily I think than in other countries. And we are dieting as much as anyone else. Maybe we cut down a little bit and have little smaller portions but our portions are still bigger.

And there are differences also in eating depending upon the region that you live in. For example, I grew up on the East Coast in the north in what is called the New England region. We ate a lot of clams and lobsters, lobster rolls which is lobster meat in a sandwich. We had corn chowder and clam chowder which is a thick cream based soup with milk cream and sometimes potato chowder. We had a lot of boiled potatoes and boiled onions or pork meat pies or corn beef and cabbage which you also boil in water.

And now I moved to California and in California there is much more focus on fresh vegetables and fresh fruits: avocado, asparagus, artichokes, garlic, figs, dates, persimmons, alfalfa sprouts, and a lot of Mexican influence. So, we eat tortillas and tostadas, burritos. And there is also a strong Asian influence so it means that we eat a lot of fresh fish. So, it's quite different in different areas of the country depending upon what the predominant food is in general and the culture there. There were many German immigrants to the area where I went to school in Saint Louis Missouri in the middle of the country in the Midwest so you had many people who were eating sausages especially Bratwurst. But various kinds of sausages and potatoes and that was because of the German influence. We're eating better than we used to. We just don't take a lot of time to prepare the meal.





Chcesz udoskonalać swoje kompetencje językowe w zakresie rozumienia ze słuchu, wzbogacić i uporządkować zasób słownictwa angielskiego?

**Improve your listening skills. Słuchaj ze zrozumieniem i ćwicz angielski** to sześć rozdziałów zawierających:

- wybrane zagadnienia z praktycznych tematów dotyczących: biznesu, zdrowia, reklamy, rozmowy o pracę czy wypalenia zawodowego,
- wyczerpujące odpowiedzi podane w kluczu,
- ćwiczenia i testy wyboru,
- uzupełnianie zdań „prawda czy fałsz”,
- pytania do dyskusji,
- glosariusz najważniejszych zwrotów i słówek, wykorzystanych w nagraniach dostępnych na stronie wydawnictwa,
- transkrypcję nagrań ze szczegółową analizą językową wypowiedzi.

W przygotowaniu nagrań wzięli udział native speakerzy, pochodzący m.in. z Wielkiej Brytanii, Stanów Zjednoczonych oraz Australii.

Dzięki temu w trakcie ćwiczeń możesz poznać akcent, intonację oraz tempo wypowiedzi, charakterystyczne dla różnych wersji angielskiego.

Książka adresowana jest nie tylko do osób przygotowujących się do egzaminów językowych (jak IELTS czy FCE), ale także dla uczących się w grupie pod opieką lektora, preferujących samokształcenie oraz wszystkich miłośników języka angielskiego.



*Należy docenić ogromny wysiłek Autorki, która zebrała i nagrała materiały z udziałem rodzimych użytkowników języka angielskiego, dzięki czemu powstała znakomita pomoc dydaktyczna, wzbogacająca program nauczania studentów na poziomie B1 oraz B2. Bardzo ważnym elementem jest tu różnorodność akcentów, które można usłyszeć na nagraniach zawierających wypowiedzi mieszkańców krajów anglojęzycznych, takich jak Wielka Brytania, Stany Zjednoczone czy Australia.*

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