

## **LPF Listening Exemplar**

### **Food and Health**

#### **Task Description**

Students listened to a radio interview between the host, Jen Su, and a nutritionist, Alyson Lai, and responded to questions about teenagers' eating habits in preparation for designing a school breakfast menu. The interview consists mainly of Alyson talking about teenagers' eating habits and giving them advice on healthy eating.

#### **Preparation**

Before listening to the radio interview, students worked in groups and conducted a survey on their favourite food. Then they commented on their eating habits in general in anticipation of the content of the radio interview.

**Learning Outcomes: CVO s 4-5**

**CVO 4**

**Understanding and inferring information, ideas and feelings in a small range of simple texts, using and integrating a small range of listening strategies as appropriate**

**CVO '5**

**Understanding and inferring information, ideas and feelings in a range of simple texts, using and integrating a small range of listening strategies as appropriate**

<b>Questions</b>	<b>When students respond to the questions appropriately, they can:</b>
<p>1. What is the relationship between the two speakers? Tick the best option.</p> <p><input type="checkbox"/> A. a shop assistant and a caller</p> <p><input checked="" type="checkbox"/> <i>B. a radio show host and a guest</i></p> <p><input type="checkbox"/> C. a radio show host and a caller</p> <p><input type="checkbox"/> D. a hotel receptionist and a guest</p>	<p>ATM 4</p> <ul style="list-style-type: none"><li>• infer the identity of the two speakers by recognising<ul style="list-style-type: none"><li>– the radio show context as the host introduces the name of the programme ‘Teen World’ near the beginning of the programme and thanks the audience for ‘tuning in’</li><li>– the use of ‘this is’ by the host to signal the introduction of her name ‘Jen Su’</li><li>– the use of ‘sitting next to me tonight to talk about teen diet’ by the host to indicate that she is talking about her guest ‘Alyson Lai’</li></ul></li></ul>
<p>2. What is Miss Lai’s job? Tick the best option.</p> <p><input type="checkbox"/> A. a chef</p> <p><input checked="" type="checkbox"/> <i>B. a nutritionist</i></p> <p><input type="checkbox"/> C. a supermarket manager</p> <p><input type="checkbox"/> D. a school teacher</p>	<p>ATM 4</p> <ul style="list-style-type: none"><li>• extract the specific information about Miss Lai’s profession by using the knowledge of the structure of a radio interview, i.e. the guest’s professional background is usually introduced near the beginning of the programme</li></ul>

<p>3. What is the main purpose of this interview? Tick the best option.</p> <p><input checked="" type="checkbox"/> A. <i>To offer advice to youngsters on how to develop good eating habits</i></p> <p><input type="checkbox"/> B. To explain why youngsters have bad eating habits</p> <p><input type="checkbox"/> C. To answer questions about eating habits and health</p> <p><input type="checkbox"/> D. To explain why skipping meals is not good</p>	<p>ATM 5</p> <ul style="list-style-type: none"> <li>• infer the purpose of the interview by recognising <ul style="list-style-type: none"> <li>– the questions asked by the host in the interview, e.g. ‘What advice would you give these teenagers?’, ‘What else do you want to remind our youngsters of as far as healthy eating is concerned?’</li> <li>– the frequent use of ‘should’ and ‘shouldn’t’ by the guest to indicate what teenagers need to do to develop a good eating habit</li> </ul> </li> </ul>
<p>4a) Which of the following best describes Miss Lai’s feelings towards young people’s eating habits?</p> <p><input type="checkbox"/> A. She is not bothered by young people’s eating habits.</p> <p><input type="checkbox"/> B. She is pleased with young people’s eating habits.</p> <p><input checked="" type="checkbox"/> C. <i>She is not happy about young people’s eating habits.</i></p> <p><input type="checkbox"/> D. She feels sorry about young people’s eating habits.</p>	<p>ATM 5</p> <ul style="list-style-type: none"> <li>• infer Miss Lai’s feelings towards young people’s eating habits by using <ul style="list-style-type: none"> <li>– semantic clues, e.g. ‘bad eating habits’, ‘aren’t aware of the importance of healthy eating’, ‘not good for health’, ‘alarmed’ and ‘naughty’</li> <li>– knowledge of tone and intonation, e.g. the stress put on ‘bad’, ‘not good’ and ‘alarmed’, and the disapproving tone that accompanies the utterance of ‘not good’</li> </ul> </li> </ul>
<p>b) Which of the following reasons is given by Miss Lai to explain her feeling towards young people’s eating habits? Tick the best option.</p> <p><input checked="" type="checkbox"/> A. <i>Young people tend to skip breakfast.</i></p> <p><input type="checkbox"/> B. They drink a lot of water.</p> <p><input type="checkbox"/> C. They tend to eat too much</p> <p><input type="checkbox"/> D. They eat plenty of fruit and vegetables.</p>	<p>ATM 5</p> <ul style="list-style-type: none"> <li>• identify the reason given by Miss Lai to explain her attitude by using knowledge of cohesive devices, e.g. the use of ‘but’ to introduce a negative comment on young people’s breakfast-skipping habit</li> </ul>

<p>5a) According to Miss Lai, what type of food is bad to them?</p> <p><u><i>Food that contains too much fat, salt or sugar.</i></u></p> <p>Or</p> <p><u><i>Young people should avoid junk food/unhealthy food.</i></u></p>	<p>ATM 4</p> <ul style="list-style-type: none"> <li>identify the main idea by using <ul style="list-style-type: none"> <li>semantic clues, e.g. the word ‘avoid’ signals that the speaker is about to give examples of food that young people should not consume</li> <li>syntactic clues, e.g. the use of the connective ‘but’ to signal the change in direction from talking about nutritious food to talking about unhealthy food</li> </ul> </li> </ul>									
<p>5b) What examples does Miss Lai give to illustrate the type of food as stated in 5a)? Circle the best option(s).</p> <table border="1" data-bbox="199 920 837 1115"> <tr> <td>whole grains food</td> <td><u><i>ice-cream</i></u></td> <td><u><i>soft drinks</i></u></td> </tr> <tr> <td><u><i>sweets</i></u></td> <td>hamburgers</td> <td><u><i>cookies</i></u></td> </tr> <tr> <td><u><i>potato crisps</i></u></td> <td>noodles</td> <td>cheese cakes</td> </tr> </table>	whole grains food	<u><i>ice-cream</i></u>	<u><i>soft drinks</i></u>	<u><i>sweets</i></u>	hamburgers	<u><i>cookies</i></u>	<u><i>potato crisps</i></u>	noodles	cheese cakes	<p>ATM 5</p> <ul style="list-style-type: none"> <li>identify examples to illustrate the kind of food that teenagers should avoid by using knowledge of cohesive devices, e.g. the use of ‘such as’ to introduce examples, the use of ‘instead of’ to signal negative preference</li> </ul>
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<p>6. Listen to the following excerpt from the interview again and answer the accompanying questions based on the intonation the interviewer used.</p> <table border="1" data-bbox="204 1397 847 1928"> <tr> <td>Alyson Lai:</td> <td><i>Yes, if they eat only what they like, that means that they eat little of other kinds of foods. This may lead to an unbalanced diet. They should eat different kinds of foods. In fact, our body needs more than 40 different nutrients.</i></td> </tr> <tr> <td>Jen Su:</td> <td><i>More than 40 different nutrients!</i></td> </tr> <tr> <td>Alyson Lai:</td> <td><i>Yes. For good health, we need more than 40 different nutrients but no single food supplies them all...</i></td> </tr> </table>	Alyson Lai:	<i>Yes, if they eat only what they like, that means that they eat little of other kinds of foods. This may lead to an unbalanced diet. They should eat different kinds of foods. In fact, our body needs more than 40 different nutrients.</i>	Jen Su:	<i>More than 40 different nutrients!</i>	Alyson Lai:	<i>Yes. For good health, we need more than 40 different nutrients but no single food supplies them all...</i>	<p>ATM 5</p> <ul style="list-style-type: none"> <li>identify the stress of a sentence and infer the interviewer’s surprise at the fact about a balanced diet by using knowledge of tone and intonation, e.g. the stress she puts on ‘40’ and the rising tone that is associated with surprise</li> </ul>			
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a) Which word is stressed in the interviewer's response?

*40*

b) How could the interviewer's reaction be described when Miss Lai mentioned that our body needs more than 40 different nutrients? Tick the best option.

A. *surprised*

B. bored

C. angry

D. doubtful

## Tapescript

- Jen Su:** Hey, this is Jen Su and thanks for tuning in to today's edition of Teen World, the coolest teenage talk show in Hong Kong. It's my great pleasure to have Miss Alyson Lai sitting next to me tonight to talk about teen diet. Alyson is an experienced nutritionist, an expert on food and health. Her job includes working with people like supermarket managers, hotel chefs and teachers to promote a healthy eating habit. Alyson, welcome to the show.
- Alyson Lai:** Thank you, Jen.
- Jen Su:** I'd like to ask you a few questions about eating habits and health. Today, many young people have very bad eating habits. They often have unhealthy meals and eat a lot of junk food. Mm... Skip... Skipping meals is also very common among youngsters. As a nutritionist, what do you have to say about this?
- Alyson Lai:** You're right. Many young people have bad eating habits. Really very naughty of them. Er... It's largely because they aren't aware of the importance of healthy eating. Many young people often skip breakfast or lunch but this is not good for health. Skipping meals can lead to out-of-control hunger. As a result, they may tend to eat too much at the next meal. In fact, I do feel alarmed by young people's rather unhealthy eating habits.
- Jen Su:** So what advice would you give these teenagers then?
- Alyson Lai:** They should have three regular meals a day. This is the first important step to eating healthily.
- Jen Su:** What about the kinds of foods young people should have? It's common that they often have junk food for lunch.
- Alyson Lai:** You've brought up another important point that many young people have neglected, that is, they should have a well-balanced diet.
- Jen Su:** A well-balanced diet?
- Alyson Lai:** Yes, a healthy and well-balanced diet. A healthy and well-balanced diet should include a variety of nutritious foods. Young people should eat plenty of whole grains, fruit and vegetables, but little fat, salt and sugar. They should avoid potato crisps, sweets, ice cream and cookies. Instead of soft drinks, they should drink a lot of water. They should drink at least eight glasses of water every day.

**Jen Su:** So teenagers should eat more whole grains, fruit and vegetables but less fat, salt and sugar.

**Alyson Lai:** Yes, exactly.

**Jen Su:** Many young people tend to eat only their favourite food. Do you think it's a problem?

**Alyson Lai:** Yes, if they eat only what they like, that means that they eat little of other kinds of foods. This may lead to an unbalanced diet. They should eat different kinds of foods. In fact, our body needs more than 40 different nutrients.

**Jen Su:** More than 40 different nutrients!

**Alyson Lai:** Yes. For good health, we need more than 40 different nutrients but no single food supplies them all. We should eat different kinds of foods.

**Jen Su:** So we shouldn't eat too much of any single food. What else do you want to remind our youngsters of as far as healthy eating is concerned?

**Alyson Lai:** Right. Mm... They should avoid food with a lot of artificial flavours, colours or chemicals, as they are bad for health. And lastly, they should do exercise regularly if they want to be fit and healthy.

**Jen Su:** Thank you very much for giving so much advice to our youngsters. I'm sure they have learnt a lot about healthy eating.

**Alyson Lai:** You're welcome.

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