

Unit 3 Written quiz audio script

(Track 4)

Kim Alex, you go to a gym, right? How often do you go?

Alex These days? I'm going a lot! About three or four times a week – not on weekends, there are too many people in the gym. Yeah, I'm going a lot because I'm trying to lose some weight.

Kim Are you serious?

Alex Yeah, I need to lose about twenty pounds.

Kim OK. . . . So, are you watching your diet? I mean, do you eat a lot of fast food and stuff?

Alex No, um . . . my diet's pretty good, actually. I eat healthy food, but I – I have a lot of snacks. You know! (*laughs*) Maybe that's it. I eat good stuff, just too much. But that's not your problem. You don't have to worry about weight, right?

Kim No, I don't, but my diet isn't that great.

Alex You're kidding, Kim. I mean, you don't eat any meat, or . . .

Kim Yeah, yeah, I know. When you don't eat meat, people think you're healthy. I really hate cooking, so I order food a lot. I also don't like vegetables that much. I prefer junk food, and I love eating dessert.

Alex How about exercise?

Kim Oh, I never exercise. I don't have time for it. I'm too busy with my job and my family.