

## Snap Shot | Answer key

### 3 Health tracking – designing the lifestyle of the future?

#### 3 b Listening

The billionaire who wants to reverse the aging process

<b>nutrition</b>	concoction called The Green Giant takes supplements only consumes 1,977 calories a day vegan diet
<b>exercise routine</b>	one 1-hour workout per day 25 different exercises
<b>stats and tests</b>	monitors weight and body fat blood tests ultrasounds MRI scans

#### 3 d Reading

Can smart devices promote people's health? 

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>
E	B	G	C	D	F

#### 3 f Vocabulary

Set your goal and find a way

A) ways to work on your health	B) health goals
improve your diet	improve your sleep routine
track your daily food intake	live longer
create an individualised workout plan	lower your risk of injury / heart disease / ...
set daily reminders	improve your skin
use blue-light filters	decrease stress
take supplements	build muscle
work out every day	improve your mood
monitor your weight	feel energised
use tracking apps	boost your immune system

#### 3 h Language in use

Don't get obsessed 

<b>1</b>	<b>2</b>	<b>3</b>	<b>4</b>	<b>5</b>	<b>6</b>	<b>7</b>	<b>8</b>
I	H	C	G	D	A	J	F

not used: B, K