

Listen to the recording about reviews of diet books. While listening, choose the correct answer (A,B,C or D) and write it into the space in the answer box.



[Diet Books](#)

<https://www.npr.org/player/embed/102604793/102863544>

- 1. According to the presenter, Maria Langer says**
 - A. she has spent quite a lot of money on diet books.
 - B. she has spent some money on diet pills.
 - C. the Suzanne Summer's book was a good investment.
 - D. she will also buy the latest Zone book.

- 2. Maria Langer thinks diet books make us believe that**
 - A. everybody can get a flat belly if they follow a special diet.
 - B. dieting does not involve hard work.
 - C. you can lose 13 plus pounds in a week.
 - D. slimming means eating crunchy foods only.

- 3. Edward Ash-Milby states that a diet book is successful if**
 - A. there is a person with a flat belly on the cover.
 - B. fast weight loss is guaranteed.
 - C. the content is original.
 - D. muscular people promote the book.

- 4. Bethenny Frankel's book**
 - A. is about a reality TV chef.
 - B. wants to warn girls about the danger of dieting.
 - C. is about naturally thin girls.
 - D. helps you to rid yourself of slimming.

- 5. Ash-Milby says that**
 - A. every diet has to be repeated.
 - B. people are hooked on losing weight.
 - C. people try new diets again and again.
 - D. success depends on the concept of the diet.

- 6. When Lay wanted to lose weight she had to**
 - A. hire a special nutritionist.
 - B. change the way she chewed food.
 - C. give up eating sweet milk products.
 - D. eat smaller portions of yoghurt.

7. Now Lay stays slim by

- A. counting calories.
- B. exercising once a week.
- C. checking the calories in diet books.
- D. cutting down on carbohydrates.

8. Cameron believes that the best way to lose weight is to

- A. exercise with heavy weights.
- B. drink sugar-free, watery fruit juice.
- C. write down your ideas on diet books.
- D. make notes of your food intake.

1	2	3	4	5	6	7	8

KEY

1	2	3	4	5	6	7	8
A	B	B	D	C	C	A	D