ELs Listening Practice

Follow the link below

https://www.esl-lab.com/intermediate/healthy-lifestyle/

Scroll down to A. Listen to the recording and answer the questions.

Complete part B the Vocabulary Practice.

If you would like more practice, try the Post-Listening Exercise and Online Investigation.

Here is another link for language practice. It can be accessed as an app on your phone or using a computer.

duolingo.com