

**worksheet**

**level 1**

Try not to look at the transcript while doing these exercises! Always read the instructions and all the information in the tasks before listening. Listen as many times as you like.

**Bad habits**

- 1 Before listening:
  - a Do the activity on the extra worksheet **Bad habits** from the 'extras' page.
  - b Write one bad habit that you have:  
  
\_\_\_\_\_
  - c Tell your bad habit to another English language learner. Which one of you has the worst bad habit?!
- 2 Listen for general meaning: listen to the whole podcast. Jackie and Richard talk about their bad habits. Look at the extra vocabulary worksheet again and write R next to the two bad habits that Richard has, and J next to the two bad habits that Jackie has.
- 3 Listen for detail: listen again and decide if these statements are True (T) or False (F). Put a tick (✓) in the correct column:

		T	F
a	Richard doesn't know when he does his first bad habit		
b	He does it when he's working on the computer		
c	He can't stop this habit		
d	Richard has the same bad habit as Jackie		
e	Jackie does her first bad habit in the morning		
f	She can spend an hour doing this habit		
g	She has her bad habit because she likes working		
h	Richard always finishes his meals before Jackie		
i	Richard thinks his habit is unhealthy		
j	Jackie always clears up after cooking in the kitchen		

		T	F
<i>k</i>	Neither Richard nor Jackie like doing the washing up		
<i>l</i>	Jackie never tidies her clothes or books away		
<i>m</i>	She thinks that you can't change your bad habits		

- 4 After listening: now do the vocabulary worksheet
- 5 After listening: speaking. Ask and answer these questions with another English language learner:

Is it possible to change your bad habits?

Yes, because...

No, because...

Which of these bad habits are the most dangerous? Why?

Driving and texting at the same time

Smoking

Drinking

Cycling without a helmet

Swimming in the sea when there's a red flag

Something else? \_\_\_\_\_

**answers**

**level 1**

1 It's important to do these before listening to the podcast.

2 R: biting his nails                      J: spending too much time on the Internet  
R: eating too quickly                  J: being untidy

3

		T	F
a	Richard doesn't know when he does his first bad habit	✓	
b	He does it when he's working on the computer		✓
c	He can't stop this habit	✓	
d	Richard has the same bad habit as Jackie	✓	
e	Jackie does her first bad habit in the morning		✓
f	She can spend an hour doing this habit	✓	
g	She has her bad habit because she likes working		✓
h	Richard always finishes his meals before Jackie	✓	
i	Richard thinks his habit is unhealthy	✓	
j	Jackie always clears up after cooking in the kitchen		✓
k	Neither Richard nor Jackie like doing the washing up	✓	
l	Jackie never tidies her clothes or books away		✓
m	She thinks that you can't change your bad habits		✓

4 After listening: now do the vocabulary worksheet

5 Write to [thepieteam@podcastsineenglish.com](mailto:thepieteam@podcastsineenglish.com) and tell us about your bad habits, we'd love to hear from you!