

1)

Speaker A

In my opinion teenagers eat too many highly processed snacks these days and these snacks are nutritionally poor and loaded with artificial colours, flavours and refined sugars. They are also super high in calories. It's high time kids improved and changed that by replacing many of those snack habits with fruit and homemade recipes. Fresh fruit is low in calories. If you eat more fresh fruit you'll definitely stay away from processed food.

Speaker B

I eat five or six portions of fresh fruit every day .I buy seasonal fruits and veggies as they are less expensive .Fruit is tasty healthy and it always lifts my spirits. Apples, bananas, oranges and kiwis coming in bright colours and it's an excellent way to fight depression. When I see a bowl of oranges on my kitchen table in the morning I just can't help smiling.Even if you don't like fruit you should still buy it just to enjoy it's bright colours and beauty.

Speaker C

As for me, I can't say I particularly like the taste of fruit but I still eat it on a regular basis because my appearance is very important to me. You may believe it or not but fruit makes my skin positively glorious. Fruit fight radicals that play a major role and making us age less gracefully. Some fruit is very rich in vitamin C which is also great for our skin. Instead of buying expensive creams with this vitamin I'd rather eat oranges and lemons.

Speaker D

If you ask me, well, I just don't see the point of buying fresh fruit and veggies. Okay, they might be both tasty and healthy but they are certainly not the best way to improve your health. Have you seen how much fresh fruit and vegetables cost? I don't think everybody can afford fresh strawberries in winter these days. I buy canned fruit from time to time and I also buy vitamins and food supplements. At least, they don't cost a fortune like fruit.

Speaker E

Well I'm a student and I'm about to take my A-levels. So my mum says I have to eat a lot of fruit and vegetables to boost my brain power. According to my mum, berries, such as blackberries and strawberries, are particularly beneficial. She makes me have at least four portions of fresh fruit or vegetables every day. I guess my mother is right because I've noticed that it's easier for me to remember facts and other things and solve math problems or write essays.

Speaker F

I have been going in for sports for a long time and I want to make sport my career. My friends asked me how I managed to be active after such long training sessions as I may spend about five hours in the gym and then still go clubbing and dance the night away. Well, my answer is it's because I eat a lot of fresh fruit. You see, fruit helps stabilize our blood sugar much better than processed sugars. When your blood sugar crashes it can make you feel exhausted.

2)

K: Hi Linda! Long time no see. How are you getting on?

L: Hi Kevin! I'm fine, thank you. How about you?

K: The same. So, how was your trip to London? Did you enjoy it?

L: How do you know that I was in London? I don't remember telling you that. In fact I didn't tell anyone except my parents. It was an absolutely spontaneous decision for me to go there.

K: I dropped in at your place some days ago as I wanted to invite you to go to the cinema with me. Your mother told me you were in London.

L: I see. Well, but I can say London is fantastic. Every time I go there I find something new to see, some more new places to explore and some more new food to try.

K: So what did you do in London?

L: The most exciting thing I did in London this time was to go on a city jogging tour.

K: I've never heard of such tours. What are they like?

L: Basically, this is a 6 km running tour that stops off at many London's famous sites: such as Trafalgar Square, the London Eye Big Ben and the houses of Parliament.

K: It seems to me that it's a very memorable and healthy way to experience London.

L: I totally agree with you about that.

K: Was it hard for you to go jogging for such a long distance?

L: Come on! 6 km is a piece of cake for me. You know, I go jogging practically every morning in the local park in any kind of weather. My normal distance is 10 km. So, the jogging tour was pretty easy for me.

K: I see. Were there many people on the tour? I doubt that sort of tour suits everybody.

L: There were about 30 of us. If there had been more people it would've made the more difficult for the guide to lead my opinion.

K: True. So what else did you do in London? Did you take any other exciting tours?

L: One more tour I took was a movie tour around London. We visited different locations in and around London. Our guides were all local actors and actresses. They were great storytellers.

K: Did you see the locations for the Dark Knight?

L: Yes, I did. I also saw the locations for the Bourne Ultimatum, Pirates of the Caribbean part 4 and many others.

K: I love those films, Linda. You are so lucky.

L: So you can take both of these tours next time you are in London. They're quite affordable S.o, please, don't think that they cost a fortune

K: Good idea

3-9

M: Hello everybody and welcome to our weekly program "Generation gap". Today in the studio we have Kelly Wright, the author of the recently published New York Times bestseller "Tell me more. Teenagers' stories" She is known for honest and humorous storytelling. She is also the mother of two teenage daughters aged 14 and 16. Kelly is here with us today to talk about what she's learned and is still learning about raising teens. Hello Kelly!

K: Good afternoon, thank you for inviting me here today.

M: Your children are now teenagers. Has it changed how you speak and write about yourself and your kids?

K: It doesn't change what I'm willing to share about myself but I am limited in what family stories I can tell. I pick stories that we as a family have already processed together as I have to play a fair game. There is a lot of pain in adolescence and I can't use those stories to make a point. People feel pain from middle school, high school and in their adulthood. There is a tenderness that I am not going to touch right now.

M: What do you find is the biggest challenge of parenting teenagers ?

K: One thing, that I am sort of surprised about, is I find myself kind of tongue-tied sometimes when I try to initiate a deeper conversation. I go to these really shallow topics like asking if they have a lot of homework. I don't know why I am asking nor do they care to tell me. What I really want to talk about is how it feels to be them these days. What makes them happy today. That sort of thing.

M: Would they engage in that kind of conversation?

K: It's kind of awkward sometimes. Teenagers are just like anyone else they aren't in the mood to talk about what makes them happy. When I think back on my teenage years, I did not care what my mother thought about anything. I'm just a tiny small voice over here. That's exactly how I was at their age and that's fine. It's just funny because I thought I would be really good at that part. This was when I was kicking as a really valued advisor and nothing could be further from the truth.

M: When your kids aren't open to these conversations what is the alternative?

K: I am very much into the potted plant theory. Which is if there has been a potted plant in your room your whole life and then someone wanted to take that out, you would notice it was gone. Just be a potted plant for your kid, let them look over and see that you were there and if they should need you, you are right where you are supposed to be. You are available. There is a lot of comfort in having another person in the room.

M: Now when you have two teens if you could've prepared for it what do you wish you would've known?

K: I was projecting way too far into the future. I didn't realize how much they were going to change every six months. I wish I hadn't been so pessimistic in my thinking about some bad habits of my children because those habits come and go. My children are really still in development but they don't look like that they look like finished adults. But they aren't even close.

M: What advice do you want to give to parents of teenagers?

K: I think parents need to realise that they have a lot in common with their kids. When we are children we like to think we'll never repeat the mistakes of our parents. But we repeat them all the time because life goes in circles. Our children will be like us one day making the same mistakes and it's OK. Because that's life and there's no need to worry about that.

M: Thank you, Kelly, it has been very interesting talking to you

K: Thank you

Speaking

Hello, everybody at our "Around the world" channel. Our guest today is a teenager from Russia and we are going to discuss teenagers attitude to life work balance. We'd like to know our guest point of view on this issue. Please answer five questions

- 1) What job have you chosen for yourself?
- 2) What should a person consider while choosing the future career?
- 3) Why do you think so many people work long hours these days?
- 4) What are the best ways to relax after a hard-working day?
- 5) Why do you think it is important to have a proper rest?

