Nom\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Les jeunes ne font assez de sport. Écoutez le podcast et répondez aux questions.

1. What percentage of adolescents don’t do a sport?

a. 20% b. 4% c. 80% d.90%

2. According to WHO, who should exercise?

a. older people b. young people c. everyone d. people who have been in hospital

3. What problems will be caused by lack of exercise according to the WHO? Check all

mentioned.

a. excessive weight gain b. cancer c. pneumonia d. arthritis

e. diabetes f. fractures g. fevers g. heart disease

4. Name **one** cultural phenomenon which affects women’s ability to do exercise.

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5. Is it necessary to play a sport? What alternative is suggested for exercise?

Yes/ No \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

6. How many minutes of exercise should we do a week?

a.100 b. 170 c. 150 d. 140

7.What 2 activities were taken up during the pandemic?

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8. What was **one** negative impact of lockdown?

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