
BBC LEARNING ENGLISH

6 Minute English worksheet

Weight loss drugs



Listen to the full episode here: <https://bbc.in/4lOEzAA>

1. Look at the cover image and title of the episode. What do you think this episode is about? What do you know about this topic already? What vocabulary do you associate with this topic?

2. Now listen to the first two minutes of the episode.

- What do the presenters say the episode is about?
- What is this week's question? What do you think the answer is?

3. Now listen to the whole episode. As you listen, write down the six items of vocabulary. What do they mean?

a) Word/phrase: _____

It means: _____.

b) Word/phrase: _____

It means: _____.

c) Word/phrase: _____

It means: _____.

d) Word/phrase: _____

It means: _____.

e) Word/phrase: _____

It means: _____.

f) Word/phrase: _____

It means: _____.

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4. What did you learn that was surprising or new in this episode?

5. Answer the quiz questions. Listen again or use the transcript to help you.

1. How many British adults are estimated to be overweight?

- a) 45%
- b) 55%
- c) 65%

2. What is 'belief and confidence in your own abilities and value'?

- a) self-esteem
- b) self-discipline
- c) self-awareness

3. What does it mean if something is 'on the market'?

- a) it's sold out
- b) it's available to buy
- c) it's overpriced

4. Which disease was the drug Ozempic originally designed for?

- a) obesity
- b) diabetes
- c) high blood pressure

5. "Chemotherapy treatment stopped his cancer from spreading, but there were some horrible _____ – he felt sick and all his hair fell out."

- a) side effects
- b) special effects
- c) after effects

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6. Which term describes 'intrusive, unwanted thoughts about food'?

- a) food bank
- b) food allergy
- c) food noise

6. Write your own sentences using the vocabulary.

7. Answer the following questions.

- What are three things you have learnt from this episode?
- How does this topic make you feel?
- Give three examples relevant to your life using the vocabulary.

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Answers

3.

- a. food noise – intrusive, unwanted thoughts about food
- b. into the ether – (idiom) completely disappeared; vanished into the air
- c. an angel on one shoulder and a devil on the other – (idiom) used to describe a personal dilemma or difficult decision, based on an imaginary angel, representing conscience and an imaginary devil, representing temptation
- d. self-esteem – belief and confidence in your own abilities
- e. on the market – available for sale
- f. side effect – secondary effect of a drug or medicine, usually undesirable or unwanted

5. 1c, 2a, 3b, 4b, 5a, 6c

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Teacher's notes

This worksheet is standardised so that you can amend and use it as appropriate with your classes.

Some topics may be difficult for learners, especially those which could be upsetting or cause offence. Please be mindful of this when using this worksheet and adapt it as necessary.

Extension activities

- Role-play an interview with an 'interviewer' and an 'expert' on this topic.
- Write a short story or article using the vocabulary from this episode.
- Read original articles on this topic.
- For homework: If it is available in your country, download and listen to the original podcast these extracts were taken from.