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# BBC LEARNING ENGLISH

## 6 Minute English worksheet

### Are saunas good for you?

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

- 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. Which language is the word 'sauna' from?
  - a) Swedish
  - b) Welsh
  - c) Finnish
2. Which word is similar in meaning to 'at ease'?
  - a) relaxed
  - b) confused
  - c) rich
3. Which word is an antonym for 'at ease'?
  - a) comfortable
  - b) tense
  - c) poor
4. What is the approximate temperature inside a sauna?
  - a) around 40°C
  - b) around 80°C
  - c) around 120°C
5. "Yesterday I went to that new restaurant in town which everyone is talking about. I hoped the meal would be good but, in my opinion, it's \_\_\_\_."
  - a) not all it's cracked up to be
  - b) not all it's talked up to be
  - c) not all it's chalked up to be
6. Which idiom means to 'refuse something because you think it's not good enough for you'?
  - a) turn your tongue up
  - b) turn your eyes up
  - c) turn your nose up

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**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. not all it's cracked up to be – (idiom) not as good as (many) people say it is
- b. at ease – comfortable and relaxed
- c. tense – worried and unable to relax
- d. reset – start again after a rest, so that you feel better about life
- e. observational data – information collected from watching people's natural behaviour without interfering in it
- f. turn your nose up at (something) – (idiom) reject something because you think that it's not good enough for you

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.