

UNIT 10 REVIEW TEST LISTENING SCRIPT

Addie: Lamar, you look a little stressed. What's up?

Lamar: Well, I'm stressed about my dad's health. He's been in and out of the hospital for the past few years because of his heart. And he's back in again after suffering a minor heart attack yesterday. He's had three in the past three years.

Addie: Wow, sorry to hear that Lamar. How old is he?

Lamar: Fifty-eight. He's a little overweight, but what's worse is that he hasn't made any effort to change his unhealthy habits. He still eats the same junk food that's high in calories but low in nutritional value. He also smokes—it's terrible. And on top of that, I think his habits have been rubbing off on my younger brother. My brother makes no effort to be health conscious at all, and I even saw him smoking with one of his friends the other day.

Addie: I'm surprised. You've got such healthy habits.

Lamar: Well, yea, I don't know where I get that from. My mom isn't the healthiest person in the world either. She rarely exercises and doesn't eat that well, but at least she doesn't smoke. Maybe I'm just the odd one in the family.

Addie: Ha! Well, you certainly are strange. I've never met a person who eats salad without salad dressing.

Lamar: Yea, but that's because most salad dressings are high in fat and sugars—and they don't even taste that good. I prefer just a little bit of crushed black pepper and maybe a few drops of oil and vinegar to give the greens a little more flavor.

Addie: I'm sure you could afford to consume a few more calories a day with the amount of exercise you do. How far do you cycle to campus every day?

Lamar: About 10 miles.

Addie: Yea, I think you'd be OK with some salad dressing.

Lamar: But that's what my family does! They always find excuses *not* to be healthy. My dad is like "Just a few cigarettes a day is not going to kill me," which is probably true, but not if you have a heart condition and eat fatty foods with way too many carbohydrates.

Addie: I see your point. Is his heart condition genetic?

Lamar: I'm not sure. His father died in a car accident when he was young and we don't know much about earlier generations. My aunts and uncles don't seem to have any issues with their health, and they are all older than my dad. But I don't want to take any chances.

Addie: Then chances are you haven't inherited any sort of condition from him. You should be fine... especially if you continue to live the way that you do!

Lamar: I hope so, but I was reading about epigenetics the other day, and apparently you can inherit acquired traits...