**9年级英语第16课时 拓展任务答案**

**挑战自我，完成听力推断推理习题。**

1. B 2. A

**听力材料：**

Hello, everybody! I’m Nick. If you are young college students, most of you may not worry about your health now. You may not spend much time worrying about whether you will develop heart disease, how you will take care of yourself in your later years or how long you are going to live. However, when you are in your forties, fifties or older, those thoughts are likely to become more important to you.

You can make many important changes in your lifestyle that will help you feel better physically even if you are an old person. Recently researchers have found that, even in late adulthood, exercise and better food can help the elderly improve their health and add happiness to their life. We know much more about health today than our parents and grandparents did in the past. That gives us the chance to avoid some health problems. Now I’m going to talk about the ways in detail.