

Listen to the following conversation between Stiofán and his doctor, then answer the questions.
(Transcript)

Dochtúir : Dia duit a Stiofáin. An dtig liom cuidiú leat?

Stiofán : Thig. Mothaím go bhfuil mé iontach trom. Gach bliain, cuirim suas níos mó meacháin.

Dochtúir : Ba chóir duit aclaíocht a dhéanamh. An maith leat spórt?

Stiofán : Is maith liom peil.

Dochtúir : Ba chóir duit níos lú siúcra a ithe fosta.

Stiofán : Ach is breá liom seacláid agus deochanna lán siúcra.

Dochtúir : Déanann siúcra an-dochar don chorp.

Stiofán : Ach beidh ocras orm.

Dochtúir : Ná hól alcól ar bith. Níl sé maith duit.

Stiofán : Tá go maith. Go raibh maith agat.

Dochtúir : A Stiofáin, ná déan dearmad ar an uisce. Ól a lán uisce ó mhaidin go hoíche.

Listen to the following conversation between Stiofán and his doctor, then answer the questions.
(Translation)

Dochtúir : Hello Stiofán. Can I help you?

Stiofán : Yes. I feel as though I am very heavy. Every year I put on more weight.

Dochtúir : You should exercise. Do you like sport?

Stiofán : I like football.

Dochtúir : You should eat less sugar also.

Stiofán : But I love chocolate and drinks filled with sugar.

Dochtúir : Sugar does a lot of damage to your body.

Stiofán : But I will be hungry.

Dochtúir : Don't drink any alcohol. It's not good for you.

Stiofán : OK. Thank you.

Dochtúir : Stiofán, don't forget about water. Drink plenty of water from morning to night.