

IELTS FIGHTER
TEST 1: LISTENING & WRITING

Student's name:	Score:
Teacher: Ms/Mr.....	LISTENING:
	WRITING:

PART I: LISTENING

LISTENING I:

You are going to hear a talk about health issues. Answer the following questions.

Questions 1-3: Circle the correct answer

According to the first speaker:

1. The focus of the lecture series is on
 - A. organising work and study.
 - B. maintaining a healthy lifestyle.
 - C. coping with homesickness.
 - D settling in at university.
2. The lecture will be given by
 - A. the president of the Union.
 - B. the campus doctor.
 - C. a sports celebrity.
 - D. a health expert.

According to the second speaker:

3. This week's lecture is on
 - A. campus food.
 - B. dieting.
 - C. sensible eating.
 - D. saving money.

Questions 4-7: Complete the notes. Write **NO MORE THAN THREE WORDS** for each answer.

A balanced diet

A balanced diet will give you enough vitamins for normal daily living.

Vitamins in food can be lost through 4

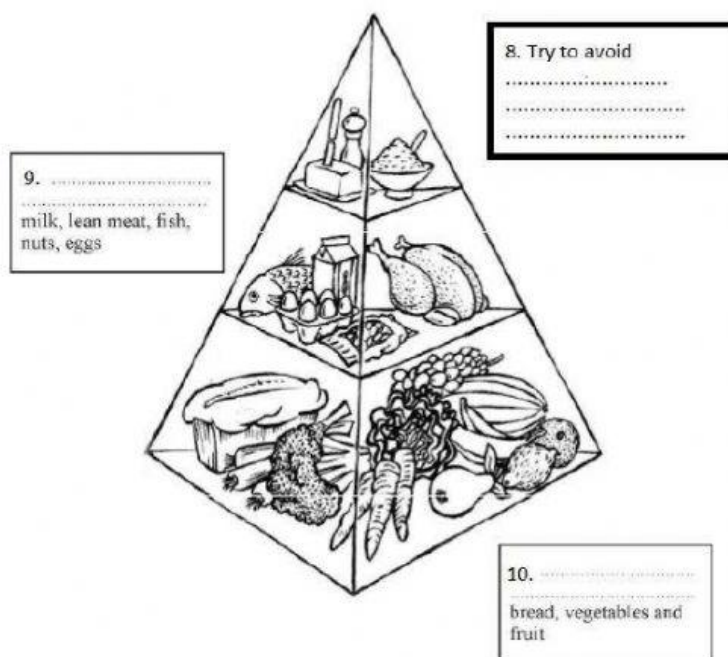
Types of vitamins:

- (a) Fat soluble vitamins are stored by the body.
- (b) Water soluble vitamins - not stored, so you need a 5

Getting enough vitamins

- Eat 6 of foods.
- Buy plenty of vegetables and store them in 7

Questions 8-10: Complete the diagram by writing **NO MORE THAN THREE WORDS** in the boxes provided.



8.....

9.....

10.....

LISTENING II: Complete the table below. Write **ONE WORD AND/OR A NUMBER** for each answer.

HOLIDAY RENTALS				
Dates: 10th-22nd July				
Name of Property	Location	Features	Disadvantage(s)	Booking details
1	• rural • surrounded by 2	• apartment • two bedrooms • open plan	distance from 3	www.4 .com
Kingfisher	• rural • next to the 5 • nice views	• house • three bedrooms • 6 room • living room • kitchen	Expensive	Phone the owner (01752669218)
Sunnybanks	• in a village • next to the 7	• house • has private 8	no 9	Contact the 10

LISTENING III: You are going to hear a recording about a tour. Answer the following questions.

Questions 1-6: Complete the notes below. Write **ONE WORD** for each answer.

SELF-DRIVE TOURS IN THE USA

Example

Name: ...Andrea Brown.....

Address: 24 1 Road

Postcode: BH5 20P

Phone: (mobile) 077 8664 3091

Heard about company from: 2

Possible self-drive tours

Trip One:

- Los Angeles: customer wants to visit some 3 parks with her children
- Yosemite Park: customer wants to stay in a lodge, not a 4

Trip Two:

- Customer wants to see the 5 on the way to Cambria
- At Santa Monica: not interested in shopping
- At San Diego, wants to spend time on the 6

Questions 7-10: Complete the table below. Write **ONE WORD AND/OR A NUMBER** for each answer.

	Number of days	Total distance	Price (per person)	Includes
Trip One	12 days	7 km	£525	• accommodation • car • one 8
Trip Two	9 days	980 km	9 £	• accommodation • car • 10

LISTENING IV: You are going to hear a recording about a holiday. Answer the following questions.

Questions 1-2 : Choose **TWO** letters, **A-E**. Which **TWO** age groups are taking increasing numbers of holidays with BC Travel?

- A. 16-30 years
- B. 31-42 years
- C. 43-54 years
- D. 55-64 years
- E. over 65 years

Questions 3-4: Choose **TWO** letters, **A-E**. Which **TWO** are the main reasons given for the popularity of activity holidays?

- A. Clients make new friends.
- B. Clients learn a useful skill.
- C. Clients learn about a different culture.

- D. Clients are excited by the risk involved.
- E. Clients find them good value for money.

Questions 5-7: Choose the correct letter, A, B or C.

- 5 How does BC Travel plan to expand the painting holidays?
- A. by adding to the number of locations
 - B. by increasing the range of levels
 - C. by employing more teachers
- 6 Why are BC Travel's cooking holidays unusual?
- A. They only use organic foods.
 - B. They have an international focus.
 - C. They mainly involve vegetarian dishes
- 7 What does the speaker say about the photography holidays?
- A. Clients receive individual tuition.
 - B. The tutors are also trained guides.
 - C. Advice is given on selling photographs.

Questions 8-10: Complete the table below. Write *ONE WORD ONLY* for each answer.

Fitness Holidays

Location	Main focus	Other comments
Ireland and Italy	general fitness	• personally designed programme • also reduces 8
Greece	9 control	• includes exercise on the beach
Morocco	mountain biking	• wide variety of levels • one holiday that is specially designed for 10