COLEGIO PATRIARCA SAN JOSÈ
English Department
Listening practice
Teacher: Roberto Bolaños Q
Level: 11th
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General Instructions:

- Use clear handwriting.
- All answers must be written in English.
- Listen carefully to the teacher´s instructions.
- Use only blue or black pen to write your answers.
- A wrong spelled word will be checked as a wrong answer
- Read carefully each item and each corresponding instruction.
- The use of white out or pencil is not allowed, you lose the possibility to claim.

I PART. MULTIPLE CHOICE. Read the situation, listen to the audio and choose the correct option that completes the sentence or gives the correct response. (**20 points,** 1 point each correct answer)

1. Coronary heart disease can cause _____
   a. Overweight
   b. Heart attacks
   c. Hypertension

2. What produces a heart attack?
   a. the blood vessels
   b. the sugar in the blood
   c. the lack of blood and oxygen

3. According to the nurse, if you have high blood pressure you need to_____
   a. take medicine
   b. check your heart
   c. do something about it

4. According to _____, healthy eating habits can keep your weight and your blood pressure down.
   a. magazines
   b. medical journals
   c. government reports

5. To deal with stress, the nurse suggests going for a walk or _____
   a. talking to a friend
   b. have a healthy diet
   c. taking a yoga class

LIVEWORKSHEETS

B. **Listen to the following conversation and choose by writing and "x" on the letter that states the correct option.**

1. Doctors in the USA have transplanted _____.
   A. a pig's heart into a person
   B. a person´s heart into a pig
   C. several hearts of pigs into many people

2. David Bennett _____
   A. has a pig´s heart in his body
   B. is the doctor that performed the surgery
   C. is the patient whose heart was given to the pig

3. Where did they get the pig´s heart?
   A. It was taken from a very special animal
   B. It was taken from the sick person´s farm
   C. It was taken from a genetically-modified person

4. What did the scientists do previously to the heart?
   A. The pig´s genes were previously modified
   B. The heart was taken from a modified human
   C. The pig was a clone between a human and another pig.

5. The transplant surgery _____.
   A. was a failure
   B. Lasted more than six hours
   C. was performed without any special permission

LIVEWORKSHEETS

C. **Listen to the audio and choose the letter that states the correct response.**

1. The blood in every pumping _____
A. carries only cells
B. carries only oxygen
C. carries oxygen and nutrients

2. The heart is an organ made up _____.
A. of a variety of layers of muscles
B. of a layer of muscles called endocardium, only
C. of only one thing layer of muscles called pericardium

3. The heart is divided into _____.
A. four upper chambers
B. two lower chambers only
C. two upper and two lower chambers

4. The blood enters through the right atrium before flowing to the right ventricle. It is then _____.
A. pumped to the liver
B. pumped to the lungs
C. expelled from the lungs

5. Exercise and emotional excitement _____.
A. do not affect on a person´s heartbeat
B. can have an impact on a person´s heartbeat
C. are not relevant or they don't make any difference

LIVEWORKSHEETS

D. Listen to the audio and choose the letter that states the correct response.

1. What makes the heart an organ incredibly efficient?
   A. The shape.
   B. To be small and similar to a pear.
   C. The action of the cardiac muscles.

2. What do they compare to a slide of bread?
   A. The strips of muscle
   B. The walls of the heart
   C. The chambers of the heart

3. The rate of the heartbeat _____ .
   A. varies according to the size of the heart of the person or animal
   B. varies according to the size of the person or animal
   C. varies according to the age of the person or animal

4. The heart has _____.
   A. no nerves
   B. nerves that get messages from the brain
   C. cardiac muscles that get messages from the brain to beat

5. The heart pumps approximately _____.
   A. 450 gallons a day for light activity
   B. five quarts of blood a minute if you are resting
   C. 53 quarts of blood a minute if you are exercising hard

LIVEWORKSHEETS

II PART SHORT ANSWER. Listen to the audio and write the (CONTENT WORDS) missing words on the correct gap. Follow the word stress technique. Check your spelling. 10 points, one point each correct space.

World Heart Day.

Paul: Good morning. It is the 29th of September and it is world heart day. Today we will be speaking with Dr Angela Green, who is with the _____ heart clinic. Welcome, Dr Green.
Dr Green: Thank you. It is good to be here on this very special occasion.
Paul: Dr Green, can you tell us more about world heart day?
Dr Green: Of course, world heart day was created almost 10 years ago. Since heart _____ is the number one killer across the globe, it's a way to make people more _____.
Paul: So how many people die from heart disease each year?
Dr Green: It is estimated that it kills about 18.6 million people.
Paul: So, where do these people come from? Is it only developed countries or certain regions in the world?
Dr Green: No, not at all. Heart disease affects people everywhere. For example, about 75% of cardiac deaths are in low- and middle- _____ countries. These people do not have the benefit of decent programs that can assess early heart disease. And in 2019, 32% of global deaths were from heart disease. And of this number, 85% were because of a heart attack or _____. So, this is a worldwide problem. You must remember that heart disease can be avoided. This number does not have to be so high.
Paul: Are you saying all these deaths are unnecessary?
Dr Green: Yes, all of these deaths could have been prevented. And that is why the World Heart Federation wants to highlight this problem. The more people are aware of the problem, the more chance of them getting help.
Paul: So, what can be done?
Dr Green: It really is a behavior _____. People need to change their bad habits. Heart disease is often the result of such bad habits. For example, causes can be poor diet, smoking, high salt levels, stress and high alcohol use. And lack of exercise, of course.
Paul: How about blood pressure? Is this also related to heart health?
Dr Green: Yes. People often see the two as separate, but hypertension is due to increased blood pressure. Any reading of 140/90 or higher is trouble. And again, most of this can be easily fixed by changing personal habits, especially reducing _____ in your diet.
Paul: How many people are affected by high blood pressure?
Dr Green: _____, about 1.28 billion have this condition.
Paul: What! That is incredible. What a shocking number.
Dr Green: Yes. _____ it is. But like I said, changing habits can reduce this number significantly. We often refer to hypertension as the silent killer as many people are totally _____ that they have it. I believe the number is about 46% of people with this condition do not know they have it.
Paul: Well, Dr Green, thank you for joining us for world heart day.
Dr Green: Thank you. And I would like to remind _____ out there, maybe it is time to get a blood pressure check or change some habits.

LIVEWORKSHEETS

B. Complete the sentences by writing the correct word from the box on the corresponding space. 10 points. One point each correct response.

chambers – contracts– cardiac muscle – peel – strip – varies – hollow - pumps – leans – tick tock

1. The heart is divided into two upper and two lower _____
2. The heart is like a natural machine that _____ blood to the whole body.
3. The heartbeat of a person's heart can be compared to the _____ of a clock.
4. After his heart attack, he had to be very careful because his _____ was very weak.
5. It is said that the _____ of an orange contains more vitamin C than the rest of the orange.
6. The right lung is larger than the left lung, that is why the heart _____ to the left side.
7. The blood vessels are _____ tubes of muscle that carry blood to the entire body.
8. In case of emergency, you can use a _____ of cloth to make a bandage.
9. The size of a heart _____ according to the size of the body of the person or the animal.
10. The reason the heart _____ is to push the blood back through the arteries.

LIVEWORKSHEETS