
LISTENING COMPREHENSION
Test 1

Check your understanding: true or false. Circle True or False for these sentences.

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|----|--|-------------|--------------|
| 1 | The Pomodoro Technique was invented in the 1980s | True | False |
| 2 | Students and workers can use the technique | True | False |
| 3 | The technique is a bit complicated to use | True | False |
| 4 | You need to break down your tasks into smaller sections | True | False |
| 5 | Each break is called a 'pomodoro' | True | False |
| 6 | Peter uses an app on his mobile to time himself | True | False |
| 7 | After four or five short breaks you can have a longer break | True | False |
| 8 | Peter takes less time to do his homework these days | True | False |
| 9 | Most people have timers on their phones these days | True | False |
| 10 | Peter uses his dad's kitchen timer | True | False |
| 11 | Pomodoro is Spanish for tomato | True | False |
| 12 | Francesco Cirillo called it the Pomodoro Technique after a tomato-shaped timer that his grandmother used to use when she was cooking | True | False |