

- 1 You will hear five different people talking about how they have improved their quality of life. For questions 1-5, choose from the list (A-F) what each speaker says. Use the letters only once. There is one extra letter which you do not need to use.

A Make time for friends.	Speaker 1	☐
B Get back to nature.	Speaker 2	☐
C Be satisfied with less.	Speaker 3	☐
D Care for small creatures.	Speaker 4	☐
E Focus on the family	Speaker 4	☐
F Help the less fortunate.	Speaker 5	☐

- 2 Look at the survey results and the visual prompts. In pairs, talk about different ways teenagers choose to relax. Then discuss the pros and cons of active and passive relaxation.

HOW PEOPLE RELAX



Survey results for 500 teenagers

- 27% watch TV
- 24% spend time with friends
- 12% read a book
- 10% listen to music
- 8% play sports
- 6% play a musical instrument
- 5% go shopping
- 3% go to cinema
- 3% go out for a meal
- 2% play computer games



Read the instructions to find out what the listening text is about. Read the question stems and underline any key words. Read the options (A, B, C) for each question. Do not predict the answers. Listen and mark your answers. Listen again and check. Do not leave any questions unanswered.

- A: Quite a few young people seem to like watching TV, although it's not very healthy for you, as you don't get much exercise.
- B: True, but it's very relaxing after a hard day at school to just sit quietly...

- 3 You will hear people talking in eight different situations. For questions 1-8, choose the best answer, (A, B or C).

- 1 You hear someone talking to a girl who is in hospital. What happened to her?
- A She crashed her bicycle.
- B She crashed her car.
- C She crashed her mother's car.

- 2 You hear a man telling his friend about his stomach pain. What does he think caused it?

- A He has got food poisoning.
- B He is allergic to seafood.
- C He ate too much.

- 3 You hear a man talking to his wife about his morning so far. What has the man been doing?

- A fighting
- B dressing his children
- C running

- 4 You hear a doctor talking to a patient. What is his advice?

- A to exercise more
- B to exercise less
- C to do some weightlifting

- 5 You hear a woman talking to a man about her injured hand. How did the injury happen?

- A She burnt it.
- B She trapped it in the kitchen door.
- C The man hurt it.

- 6 You hear a girl talking to someone about her cold. How did she catch it?

- A She got wet in the rain.
- B She didn't dry her hair.
- C She went out running.

- 7 You hear a man called John talking about a recent visit to a friend's house. Why does he regret going?

- A He doesn't react well to cats.
- B His clothes got covered in cat hairs.
- C He got an eye infection.

- 8 You hear a doctor talking to a boy about an injury. What does he tell him to do?

- A wash the cut to make sure it is clean.
- B come back in a week to have his stitches removed.
- C avoid walking on his injured leg for a while.

Speculating

- 4 a. Look at the pictures. Who: is in a hurry? has a splitting headache? has had an accident?



Jack

Jean

- b. What do you think caused each problem?

Jack might have been playing football. He could have tripped and fallen down. He must be in pain. etc

Giving Advice

- c. What advice would you give each person? Use the phrases below, as well as your own ideas.

If I were you, I ... / You should(n't) ... / Why don't you ...

Jack – You should be more careful.

Losing your temper

- 5 a. You will hear four short exchanges about various problems. Listen and match the exchanges (1-4) to the problems listed.

untidiness noise
overwork faulty appliance

- b. Read the exchanges and replace the expressions in bold, which show the speaker has lost their temper, with appropriate ones from the list.

- For crying out loud! • I'm fed up with this!
- I don't believe it! • I don't know what to do!
- Good grief! • I can't put up with this!
- I'm sick of this! • I've had all I can take!

- 1 A: I've had enough! Go on – you fix this machine. I give up!
B: OK, I'll do it. Just calm down.
- 2 A: I can't stand it any more! Don't you know it's late and I'm trying to sleep? Turn down the music or I'll call the police.
B: Alright, alright. Don't go on about it. I'll turn it down.
- 3 A: Haven't you finished that report yet?
B: **You must be joking!** The phone hasn't stopped ringing all day and I've been running around after you. When do you expect me to do it?
- 4 A: **For goodness' sake!** I won't tell you again – clean up this mess *immediately*, please.
B: Oh come on, Mum. It's my room after all. You never stop nagging me.

Pronunciation

- 6 a. Read the words and say which language each comes from. Write **G** (for Greek), **L** (for Latin) or **B** (for Both). Do you use any words in your language which are similar to these?

stethoscope pneumonia thermometer
asthma diarrhoea physical patient
temperature medicine muscle

- b. Listen and repeat, then make up sentences using the words. Be careful how you pronounce them.

Making an appointment

- 7 a. Listen to the dialogue and fill in the questions. Who is Tina speaking to?

- A: Good afternoon. Meadows Surgery. 1)?
B: Oh yes, I'd like to make an appointment with Doctor Michaels, please.
A: I'm afraid Dr Michaels is on holiday at the moment. 2)?
B: Erm ... yes, alright. That would be fine.
A: Right. The first available appointment is on Thursday at 10 o'clock. 3)?
B: Yes, that should be okay.
A: Good. 4)?
B: Tina, Tina Wilcox.
A: 5)?
B: I've been having trouble sleeping lately.
A: Right then, we'll see you on Thursday at 10 o'clock.
B: Thank you. Goodbye.

- b. Use the prompts below to act out similar dialogues.

Friday	Monday
2:30pm	9 o'clock
Carol Ormerod	Brian Powell
(bad cough)	(earache)

Describing symptoms

- 8 a. Listen to the dialogue and fill in the missing words. What's wrong with Betty?

- aches • the flu • pale

- A: Are you okay, Betty? You look a bit 1)
B: Actually, I feel terrible.
A: Oh! What's wrong?
B: I'm burning up and my whole body 2) too.
A: Sounds to me like 3)
If I were you, I would go to bed.

- b. Use the prompts to act out similar dialogues.

- burning feeling in my chest
- heartburn – take an antacid tablet
- can't stop yawning
- you're overtired – get an early night