

PART 1 Listening (10 questions)

You will hear a doctor talking to a group of students about staying healthy. Listen and decide whether the statements are True (T) or False (F). (5 questions)

Answers	True	False
1. Doctor Brown gives the students some advice on how to sleep well at night.	☐	☐
2. It's difficult for many teenagers to go to bed before 11 o'clock.	☐	☐
3. According to one study, 50 percent of teenagers get enough sleep.	☐	☐
4. It's a good idea to do some exercise before you go to bed.	☐	☐
5. Reading a book before bed helps you to sleep better.	☐	☐

You will hear Julia talking to her mum. Listen and choose the correct option for each of the following questions. (5 questions)

Questions:

6. What time does Jack finish his study?

- A. 3.30 p.m. B. 4 p.m. C. 5.30 p.m. D. 7 p.m.

7. Mum asks Julia to cook _____.

- A. the rice B. the chicken C. tuna salad D. cereal

8. Julia needs to buy _____.

- A. two bottles of milk B. a box of cereal C. a carton of eggs D. a bunch of bananas

9. How much yogurt do they need?

- A. some B. a bottle C. two cartons D. four pots

10. Where is the bread?

- A. in the bottom cupboard B. next to the sink
C. on top of the fridge D. in the top cupboard

---THE END---