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You will hear a doctor talking about what foods to eat before exercising. For questions 5-8, listen to the recording and complete the table. There is an example (0). You will hear the recording twice. You now have 15 seconds to review the task.

| FOOD AND DRINK | EFFECT |
|-------------------------|--|
| bananas | supply you with (0) <u>carbohydrates</u> |
| oats | (05) _____ energy at consistent rate |
| cashew nuts | prevents (06) _____ damage |
| water | drink enough and don't get (07) _____ |
| Doctor's email address: | (08) _____ @gmail.com |

| FOOD AND DRINK | EFFECT |
|-------------------------|---|
| bananas | supply you with (0) _____ carbohydrates |
| oats | (05) _____ energy at consistent rate |
| cashew nuts | prevents (06) _____ damage |
| water | drink enough and don't get (07) _____ |
| Doctor's email address: | (08) _____ @gmail.com |

You will hear people talking about ways to reduce neighbourhood crime. For questions 1-5, match the extracts that you hear with statements A-G. There is **one** statement that you do not need to use. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

What is each speaker's opinion about crime reduction?

- A Printing less negative stories in the press could make the community safer.
- B Making friends with neighbours can boost crime reduction.
- C Tackling crime effectively relies upon introducing harsher punishments.
- D It's important to make everyone contribute to their own safety.
- E Media releases can help catch people who break the law.
- F People need to give criminals fewer opportunities to commit crimes.
- G The police department arranging regular visits to an area can prevent crime.

| | | |
|---|-----------|---|
| 0 | Speaker 0 | A |
| 1 | Speaker 1 | |
| 2 | Speaker 2 | |
| 3 | Speaker 3 | |
| 4 | Speaker 4 | |
| 5 | Speaker 5 | |

You will hear a man talking about travelling in Mexico. For questions 1-6, complete the sentences. You may write **one** word only. Write the word exactly as you hear it. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

Mexico is well known for its rich 0) civilisation and warm climate and many people choose to holiday there. As with all travel plans, visitors are advised to 1) _____ their accommodation ahead of time. In order to find a good place to stay, visitors should read 2) _____ on travel websites. It's also a good idea to choose resorts that have the desired 3) _____. With festivals taking place all year round, visitors can see native dances and 4) _____ sport matches. There are also restaurants where visitors can eat popular local food and you can even try insects if you are feeling 5) _____. However, it is best to avoid drinking the water in Mexico because it is not fit for consumption. Lastly, visitors should express their 6) _____ by leaving something for the waiters!