

CD 4-16 Part 1

Choose the correct answer, A, B, or C.

- What problem does the woman identify concerning dietary information?
 - The topic of diet is unfashionable at present.
 - There is a shortage of qualified dietitians.
 - Giving advice about diet can be very profitable.
- Why did the man decide to see the dietitian?
 - He thought he should try to get fitter.
 - His doctor advised him to.
 - He has had a serious illness.
- What does the man say about physical exercise?
 - He does some exercise every day.
 - He only does light exercise.
 - He doesn't have a regular pattern.
- One of the main things that the dietitian will take into account is
 - how motivated the man is to be healthy.
 - how much energy the man normally uses.
 - which foods the man likes and dislikes.

Complete the notes below. Write ONE WORD ONLY AND / OR A NUMBER for each answer.

NOTES ON A HEALTHY DIET

Starchy foods

- Very important
- Should be about (5) _____ of total food eaten.
- Contain fewer calories than (6) _____

Fruit and vegetables

- Eat plenty
- Can be fresh or preserved
- (7) _____ don't count as vegetables

Fish

- Eat at least twice a week
- Eat (8) _____ fish once a week

Fats

- Don't eat a lot
- Vegetable oils and (9) _____ are better than butter, etc.
- If food is pre-cooked, look at the (10) _____ (20% fat is too much)

Salt and sugar

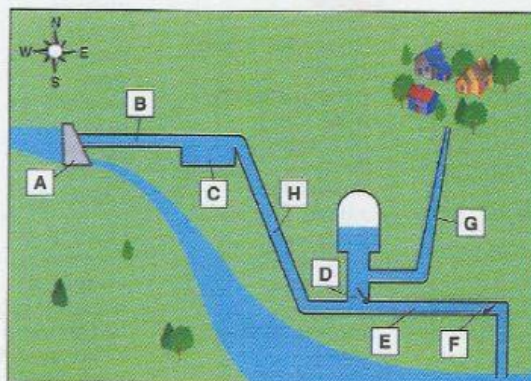
- Eat less!

CD 4-17 **Part 2**

Complete the sentences below. Write **NO MORE THAN TWO WORDS** for each answer.

11. Many rural communities have problems obtaining water for domestic use and _____.
12. Avoiding the use of fossil fuels reduces _____ and expense, and conserves non-renewable resources.
13. Compared to older designs, modern ram pumps are both more efficient and more _____.
14. Ram pumps are more _____ than other methods of supplying water in rural areas.
15. _____ can be taught how to do routine maintenance of ram pumps.
16. The smallest ram pumps deliver approximately _____ of water daily.

Look at the diagram of the ram pump. Write the appropriate letter on the line next to each item.



- | | |
|--------------------------|-----------------------|
| 17. _____ Canal | 19. _____ Waste valve |
| 18. _____ Catchment tank | 20. _____ Check valve |

LISTEN FOR TRANSITIONS

On some tests, such as IELTS™ and the TOEFL® test, you will listen to long talks. It is very important to understand the organization and structure of these talks, so listen carefully for transition words such as: *so, therefore, and however.*

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