

CD 4-16 (1) **Part 1**

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

1. What problem does the woman identify concerning dietary information?
 - A. The topic of diet is unfashionable at present.
 - B. There is a shortage of qualified dieticians.
 - C. Giving advice about diet can be very profitable.

2. Why did the man decide to see the dietician?
 - A. He thought he should try to get fitter.
 - B. His doctor advised him to.
 - C. He has had a serious illness.

3. What does the man say about physical exercise?
 - A. He does some exercise every day.
 - B. He only does light exercise.
 - C. He doesn't have a regular pattern.

4. One of the main things that the dietician will take into account is
 - A. how motivated the man is to be healthy.
 - B. how much energy the man normally uses.
 - C. 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.

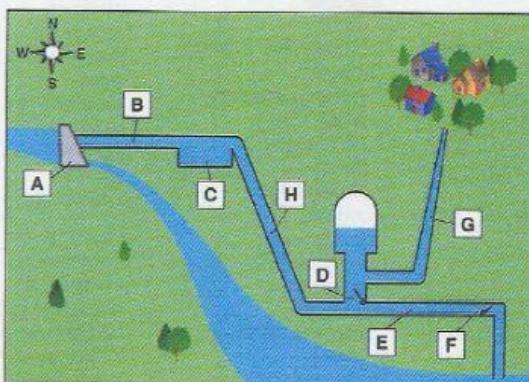
13. Compared to older designs, modern ram pumps are both more efficient and more _____.

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

18. ___ Catchment tank

19. ___ Waste valve

20. ___ Check valve

LISTEN FOR TRANSITIONS

On some tests, such as IELTSTM 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.