

FULLNAME: _____

I. Track 4 You will hear a girl called Lydia giving a talk about a project she has been involved in on healthy eating. For questions 1–10, complete the sentences with a word or short phrase.

The healthy eating project

Lydia says an alternative name for healthy eating is having a (1)

Lydia compares the food we eat to (2) for our bodies.

Lydia says people do not need to avoid certain foods such as (3)

Lydia says the food pyramid describes the foods we ought to eat and their

(4)

Lydia offers to provide listeners with (5) which contain fruit and vegetables.

Lydia points out that (6) is a non-food source of one vitamin.

Lydia says that (7) is an example of a snack we needn't avoid.

Lydia says the action of (8) salad items doesn't burn more energy than the food provides.

Lydia gives the example of (9) as a drink that is useful for our bodies.

Lydia explains that some people think (10) is a substitute for eating healthily

II. Track 2:

1. You hear an announcement about a band called the Big Bang.

What is the purpose of the announcement?

A to offer music lessons

B to promote a concert

C to recruit band members

2. You hear a young woman telling her friend about an article she has read.

After reading it, the woman says that she felt

A convinced to try a new activity.

B encouraged to continue doing an activity.

C keen to avoid one particular activity.

3. You hear two friends discussing free time.

They agree that it is important to

A spend time outside the house.

B do nothing sometimes.

C try out a range of activities.

4. You hear a boy telling a friend about the sport of diving.

What does he say about it?

A Jumping from the highest board is frightening.

B Completing a successful dive is motivating.

C Watching professionals dive is thrilling.

5. You hear two friends talking about hiking.

What is the man's primary reason for trying it?

A to see more of where he lives

B to be physically fitter

C to overcome a fear

6. You hear a man telling a friend about producing furniture as a hobby.

Why does the man enjoy working with wood?

A He takes pleasure in producing something useful.

B He likes recycling existing pieces of furniture.

C He appreciates the opportunity to be creative.

7. You hear a review of a film.

What is the reviewer's opinion of it?

A the ending was disappointing

B the scenery was breathtaking

C the acting was unconvincing

8. You hear two friends talking about taking photos to put on social media websites.

What does the boy say he likes about it?

A trying different techniques

B receiving positive comments

C analysing his friends' photos