

LISTENING FURTHER PRACTICE 1 – PARAPHRASING

- You will hear a woman, Stella, and a man, Ben, talking together on a radio programme about the speed and stress of modern life.
- For each question, choose the correct answer



1. What surprised Stella most during her research?

- A People have less free time now than before.
- B Technology helps people to slow down.
- C People seem to enjoy being very busy.

2. Which positive examples of speed does Ben give?

- A different means of transport
- B different types of sports
- C different ways of communicating

3. Stella thinks people can improve their lives by

- A taking up a new hobby.
- B becoming more optimistic.
- C enjoying the present.

6. What effect have Ben's new eating habits had?

- A He feels satisfied quickly
- B He finds he requires less food
- C He appreciates a wider range of tastes

7. What conclusions has Stella reached regarding sleep?

- A Too much is not good for you.
- B Most people do not get enough.
- C It is not recommended during the day.