

**Task 1:** Your Moroccan friend Fatima needs to do a project on Spanish food. She has to include one main dish, one drink and one dessert. She's asked for your help. You have seen the infographic below and decided to leave her a voice message explaining one item from each category. **REMEMBER TO REPHRASE WHAT'S WRITTEN IN THE SOURCE TEXT!** Duration: 1'30"-2'00"



(Source: <https://i.pinimg.com/736x/6f/c6/af/6fc6af4cf913cb6835cc18ea88e0f76a.jpg>)

Hi ....., (greeting ✓)

It's great to hear from you. So, you tell me (that) you .....

Well, I've just seen an infographic/ poster/ picture that might help. Let me explain what you need to know. (Introduction: polite formula + problem ✓)

As for the main dish, a great choice would be .....

..... (main dish ✓)

Moving on to the second item / point, a drink. Why don't you pick out *Sangria*, a Spanish summer punch made of .....

..... (drink ✓)

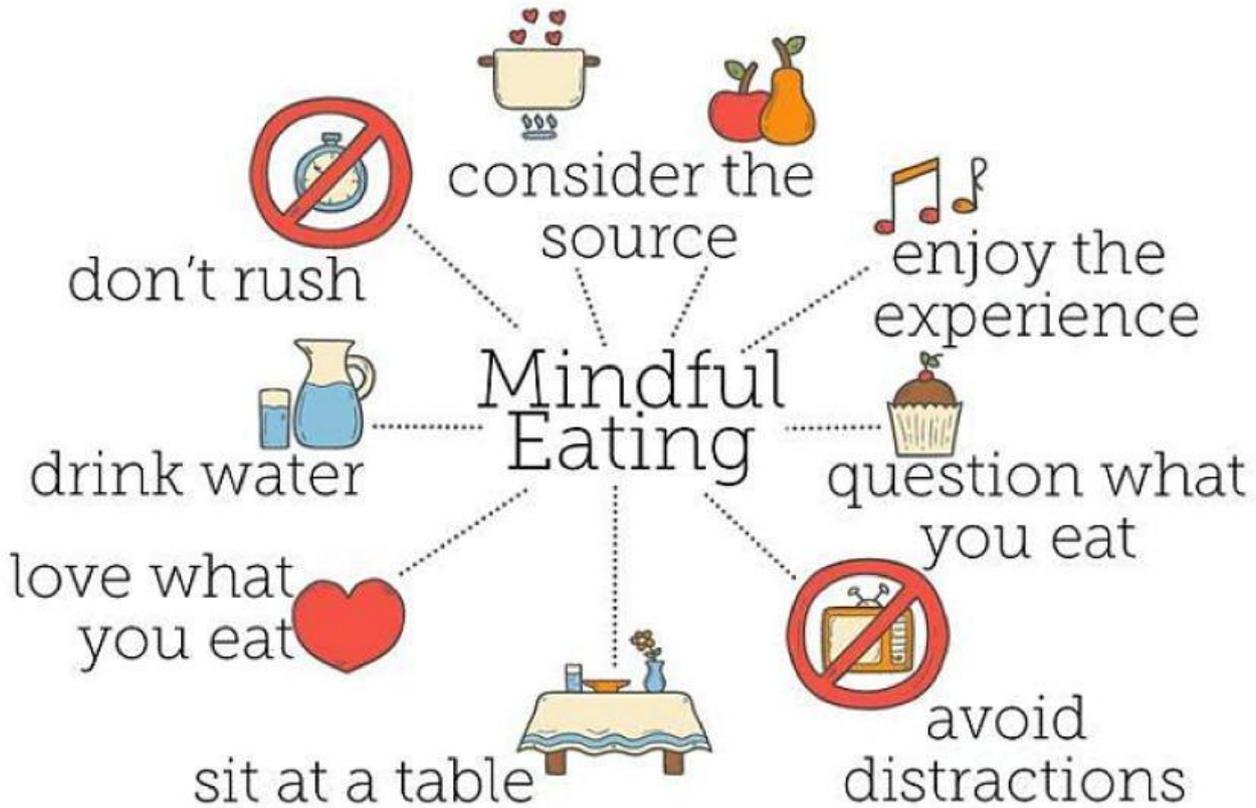
Finally, the dessert. One of the most popular Spanish desserts is .....

..... (dessert ✓) (Body – 3 paragraphs ✓)

Well, that's all for now. Hope it helps. (final formula ✓)

Hit me up and tell me how it went (farewell ✓)

**Task 2:** Your French nephew Paul has to do a project on healthy eating habits for school. He knows you're an expert in the topic and has asked for your help. You're going to send him the infographic below and a voice message explaining the do's and don'ts of healthy eating. **REMEMBER TO REPHRASE WHAT'S WRITTEN IN THE SOURCE TEXT!** Duration: 1'30''-2'00''



(Source: <https://roselandhealthandfitness.ca/wp-content/uploads/2019/11/mindful-eating.png>)

Hi ....., (greeting ✓)

It's great to hear from you. So, you tell me (that) you .....

Well, I've just seen an infographic/ poster/ picture that might help. Let me explain what you need to know. (Introduction: polite formula + problem ✓)

On the one hand, let's have a look at the good habits || let's check out what we should do .....

(positive habits = do's ✓)

On the other hand, let's focus on some bad habits we should avoid. || let's see what we shouldn't do. ....

(negative habits = don'ts ✓) (Body – 3 paragraphs ✓)

To conclude, we shouldn't forget that we are what we eat. And we all want to be healthy, fit and happy, don't we? (optional - short conclusion + idiom)

Well, that's all for now. Hope it helps. (final formula ✓)

Shoot me a message || Call me and tell me how it went (farewell ✓)