

**PART 1** Listening (10 questions)

You will hear a doctor talking to a group of students about staying healthy. Listen and decide whether the statements are True (T) or False (F). (5 questions)

Answers	True	False
1. Doctor Brown gives the students some advice on how to sleep well at night.	<input type="radio"/>	<input type="radio"/>
2. It's difficult for many teenagers to go to bed before 11 o'clock.	<input type="radio"/>	<input type="radio"/>
3. According to one study, 50 percent of teenagers get enough sleep.	<input type="radio"/>	<input type="radio"/>
4. It's a good idea to do some exercise before you go to bed.	<input type="radio"/>	<input type="radio"/>
5. Reading a book before bed helps you to sleep better.	<input type="radio"/>	<input type="radio"/>

You will hear Julia talking to her mum. Listen and choose the correct option for each of the following questions. (5 questions)

**Questions:**

**6. What time does Jack finish his study?**

- A. 3.30 p.m.      B. 4 p.m.      C. 5.30 p.m.      D. 7 p.m.

**7. Mum asks Julia to cook \_\_\_\_\_.**

- A. the rice      B. the chicken      C. tuna salad      D. cereal

**8. Julia needs to buy \_\_\_\_\_.**

- A. two bottles of milk      B. a box of cereal      C. a carton of eggs      D. a bunch of bananas

**9. How much yogurt do they need?**

- A. some      B. a bottle      C. two cartons      D. four pots

**10. Where is the bread?**

- A. in the bottom cupboard      B. next to the sink  
C. on top of the fridge      D. in the top cupboard

---THE END---