

ORAL COMPREHENSION. LISTENING 1

You will hear *Listening 1* three times. Listen carefully and tick the correct answer. Now look at the questions for this part. You have 45 seconds.

RECOMMENDATIONS FOR A BETTER CONCENTRATION

- 1. This radio programme is called...**
 - a. "Kids World".
 - b. "Healthy Snacks".
 - c. "The Three Recommendations".

- 2. This is a...**
 - a. video.
 - b. podcast.
 - c. TV show.

- 3. Mrs. Sellers is...**
 - a. a doctor.
 - b. a teacher.
 - c. the interviewer.

- 4. Mrs. Sellers is giving tips on how to...**
 - a. improve concentration.
 - b. sleep better at night.
 - c. have a healthy diet.

- 5. A revision timetable has to include...**
 - a. 5 minutes to rest.
 - b. time to tidy up your room.
 - c. time to study and time to rest.

- 6. When you are studying, it's important to have a _____ snack.**
 - a. tasty
 - b. healthy
 - c. delicious

- 7. Mrs. Sellers says that you need to _____ the night before an exam or an oral presentation.**
 - a. go to bed late
 - b. go to sleep early
 - c. read till late at night