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

LIVEWORKSHEETS