

## Review Listening skills

### Grade 11 (1, 2,3)

#### Global success

##### 1. Listen and fill in the blank. ( no more than 2 words)

- Good evening. This is Oliver and this is Teen Life, where we answer questions from young people this week. We have received a lot of ..... , so today we have Catherine Jones, our ..... , to talk about ..... for teenagers and how food can affect their health. Welcome and thank you for joining us, Catherine.
- Good evening and thank you for inviting me.
- Well, when people want to ..... their health and fitness, they often think of expensive ..... and ..... But in fact, we can solve many of our ..... if we just eat healthily. For example, a lot of teenagers ..... acne, pimples or other skin issues and often look for expensive ..... products. This is not necessary because they can simply change their diets for ..... Food with a lot of sugar is not very good for your skin, so you should ..... on sugary desserts and drinks. By contrast, brown ..... , yogurt, ..... and green vegetables are great for healthy skin. Moreover, green vegetables can improve ..... and memory and help teens concentrate better. Teenagers are still growing, so they also need food for building strong ..... and muscles. Research shows that eggs, fish, butter, carrots and sweet potatoes can help make them taller and stronger. Although food can't ..... exercise, eating a ..... supplying all the nutrients you need will definitely help improve your muscle .....
- I guess you are what you eat after all. Thank you, Catherine.

##### 2. Listen and fill in the blank. ( no more than 2 words)

- You look ..... , Mai. What's the matter?
- Well, it's my mum. She keeps ..... about my appearance.
- Oh, I'm sorry to hear that.
- Yeah, she doesn't like my choice in clothes and .....
- I see. So what's wrong with your clothes and hair?

- Nothing wrong, but my mum doesn't allow me to wear ..... to school. I'm not allowed to color my hair either, she said. She never wore tight clothes or colored her hair when she was at school.
- Well, I think she's right. We have to ..... to school, remember? And school rules don't allow ..... hair.
- Yeah, I know, but I just want to look different on ..... occasions.
- Then you should tell your mum about it. I think she'll .....
- Maybe you're right.
- What about you, Kevin? Do you come into ..... with your parents?
- Not really, but they try to limit the time I spend on my ..... and laptop. They don't really understand that I mainly use them for my homework, not to play games or post on ..... media.
- Perhaps they worry about your .....
- Yes, maybe that's why they ..... my phone and laptop at 10:00 PM sometimes.
- I don't even have time to ..... my homework.
- Why don't you try to write down your homework assignments on paper first? Then you can type them ..... on your laptop.
- That's a ..... I'll try to do that next time.

### **3. Listen and fill in the blank. ( no more than 2 words)**

- Good morning. Welcome to our weekly program Urban ..... In today's program, we'll be talking about the disadvantages of living in a ..... Joining me now in the studio is Miss Stevens, a city ..... who has been living in a smart city for a year now. Good morning, Miss Stevens.
- Good morning.
- I understand that you don't like living in the ..... Why is that? What are you worried about most?
- Well, my main worry is losing my right to privacy in ..... You know, cameras and ..... are everywhere, and they collect information about me and my .....
- So it seems that someone is watching you all the time, right?
- Exactly. The ..... and some companies have so much personal ..... about city dwellers, but we don't know how they might use it.

- Yes, it's a bit worrying. But this information probably enables smart cities to create useful programs and improve people's ..... Smart technologies can also help with daily ..... chores. Are you not happy with that?
- No, I don't think so. It took me a long time to get ..... with all the smart devices at home. I don't really have any friends to ask for help in the .....
- This leads me to my next question. Do you think there is a ..... of community in your neighborhood?
- No, there isn't. I ..... with very few people face to face because most of the activities can be done online.
- Do you feel ..... sometimes?
- Yes, our smart devices are all connected, but it seems we're becoming lonelier than any previous .....
- That's very sad. Thank you for sharing your thoughts with us, Miss Stevens.
- You're .....

#### 4. Listen and fill in the blank. ( no more than 2 words)

Good morning everyone. As we know, over the last century, life ..... has increased. Many of the richest countries in the world have a life expectancy of over ..... years. For example, in 2022, the life expectancy in Switzerland, Singapore and Italy was over ..... years, while in Hong Kong and Japan it was above 85 years. The current life expectancy worldwide is over 72 years and it's expected to ..... So why is it increasing? Well, there are many reasons for this. I'll talk about three of them. First, people nowadays can get access to better ..... that helps them stay healthy and ..... Second, more people understand the ..... of good health. So they break bad habits such as ..... and drinking and start practicing healthier ..... In addition, people eat a more ..... and healthier foods. They are also more careful in choosing foods and drinks that are lower in ....., salt and fat. And finally, people nowadays have a better understanding of age-related ..... and how to ..... them. This helps them ..... themselves better and reach for any possible age-related diseases. So now let's move on to ...

1. What is the life expectancy in many of the richest countries?  
A. More than 80.      B. Less than 80.      C. More than 85.
2. What was the life expectancy in Japan in 2022?  
A. Over 94.      B. About 84.      C. Over 85.
3. According to the speaker, what is the first reason for the increased life expectancy?  
A. People get access to better food.

- B. Better medical care is available.
- C. People live in a better environment.

4. What do people do when they realize the importance of good health?

- A. They continue unhealthy habits such as smoking and drinking.
- B. They stop doing things that are bad for their health.
- C. They ignore what they eat or drink every day.

5. What is the benefit of understanding age-related diseases better?

- A. People can live as long as they want.
- B. People can treat their diseases.
- C. People can take better care of themselves.