

PART 1 Questions 1–10

Complete the notes below.

Write **ONE WORD AND/OR A NUMBER** for each answer.

Transport survey

Name: Sadie Jones
Year of birth: 1991
Postcode: 1

Travelling by bus
Date of bus journey: 2
Reason for trip: shopping and visit to the 3
Travelled by bus because cost of 4 too high
Got on bus at 5 Street
Complaints about bus service:
- bus today was 6
- frequency of buses in the 7

Travelling by car
Goes to the 8 by car

Travelling by bicycle
Dislikes travelling by bike in the city centre because of the 9
Doesn't own a bike because of a lack of 10

PART 2 **Questions 11–20**

Questions 11 and 12

Choose **TWO** letters, **A–E**.

Which **TWO** problems with some training programmes for new runners does Liz mention?

- A** There is a risk of serious injury.
- B** They are unsuitable for certain age groups.
- C** They are unsuitable for people with health issues.
- D** It is difficult to stay motivated.
- E** There is a lack of individual support.

Questions 13 and 14

Choose **TWO** letters, **A–E**.

Which **TWO** tips does Liz recommend for new runners?

- A** doing two runs a week
- B** running in the evening
- C** going on runs with a friend
- D** listening to music during runs
- E** running very slowly

Questions 15–18

What reason prevented each of the following members of the Compton Park Runners Club from joining until recently?

Write the correct letter, **A**, **B**, or **C** next to Questions 15–18.

Reasons	
A	a lack of confidence
B	a dislike of running
C	a lack of time

Club members

- 15 Ceri
- 16 James
- 17 Leo
- 18 Mark

Questions 19 and 20

Choose the correct letter, **A**, **B** or **C**.

- 19 What does Liz say about running her first marathon?
- A** It had always been her ambition.
 - B** Her husband persuaded her to do it.
 - C** She nearly gave up before the end.
- 20 Liz says new runners should sign up for a race
- A** every six months.
 - B** within a few weeks of taking up running.
 - C** after completing several practice runs.

PART 3 **Questions 21–30**

Questions 21 and 22

Choose **TWO** letters, **A–E**.

Which **TWO** things did Colin find most satisfying about his bread reuse project?

- A** receiving support from local restaurants
- B** finding a good way to prevent waste
- C** overcoming problems in a basic process
- D** experimenting with designs and colours
- E** learning how to apply 3-D printing

Questions 23 and 24

Choose **TWO** letters, **A–E**.

Which **TWO** ways do the students agree that touch-sensitive sensors for food labels could be developed in future?

- A** for use on medical products
- B** to show that food is no longer fit to eat
- C** for use with drinks as well as foods
- D** to provide applications for blind people
- E** to indicate the weight of certain foods

Questions 25–30

What is the students' opinion about each of the following food trends?

Choose **SIX** answers from the box and write the correct letter, **A–H**, next to Questions 25–30.

Opinions

- A** This is only relevant to young people.
- B** This may have disappointing results.
- C** This already seems to be widespread.
- D** Retailers should do more to encourage this.
- E** More financial support is needed for this.
- F** Most people know little about this.
- G** There should be stricter regulations about this.
- H** This could be dangerous.

Food trends

- 25** Use of local products
- 26** Reduction in unnecessary packaging
- 27** Gluten-free and lactose-free food
- 28** Use of branded products related to celebrity chefs
- 29** Development of 'ghost kitchens' for takeaway food
- 30** Use of mushrooms for common health concerns

PART 4 Questions 31–40

Complete the notes below.

Write **ONE WORD ONLY** for each answer.

Microplastics

Where microplastics come from

- fibres from some **31** during washing
- the breakdown of large pieces of plastic
- waste from industry
- the action of vehicle tyres on roads

Effects of microplastics

- They cause injuries to the **32** of wildlife and affect their digestive systems.
- They enter the food chain, e.g., in bottled and tap water, **33** and seafood.
- They may not affect human health, but they are already banned in skin cleaning products and **34** in some countries.
- Microplastics enter the soil through the air, rain and **35**

Microplastics in the soil – a study by Anglia Ruskin University

- Earthworms are important because they add **36** to the soil.
- The study aimed to find whether microplastics in earthworms affect the **37** of plants.
- The study found that microplastics caused:
 - **38** loss in earthworms
 - fewer seeds to germinate
 - a rise in the level of **39** in the soil.

The study concluded:

- soil should be seen as an important natural process.
- changes to soil damage both ecosystems and **40**