

1. Zapoznaj się ze zdaniami podanymi poniżej. Usłyszysz dwukrotnie fragment historii gry w golfa. Na podstawie usłyszanych informacji zdecyduj, które zdania są zgodne z treścią tekstu (TRUE), a które nie (FALSE).

- Golf was originally played by Scots.
- Golf began as a game of the upper classes.
- Golf was brought to France by soldiers.
- The first official rules of golf were agreed in the 18th century.
- Modern golf equipment is less expensive than it used to be.
- The area of land where the game is played is known as a walk.

2. Zapoznaj się z zdaniami A-H. Usłyszysz dwukrotnie rozmowę Janet i Pete'a na temat zalet i wad wykonywania pracy zawodowej w domu zamiast w miejscu pracy. Na podstawie usłyszanych informacji przyporządkuj zdania osobom, które wypowiadają je w tekście.

A person working from home:

	Janet	Pete	None
A can send his/her work to the boss by post.
B can choose on which days to work.
C need not worry about being late for work.
D need not wear formal clothes for work.
E can save time and money on driving to the office.
F may be unable to concentrate on work as well as at the office.
G may have to work longer hours than at the office.
H need not feel any happier about his/her job than a person working at the office.

3. Zapoznaj się z zadaniami podanymi poniżej. Usłyszysz dwukrotnie wypowiedź na temat odchudzania. Z podanych możliwości odpowiedzi wybierz właściwą, zgodną z treścią usłyszanych informacji.

3.1 The hardest thing for most people trying to lose weight is that they:

- are not strong enough to stay on a diet.
- do not know which diet to choose.
- are not certain which foods to stay away from.
- are alone with their problem.

3.2 To make sure that you lose weight you need to:

- make up your mind about going on a diet.
- eat proper foods.
- stop eating food.
- develop positive feelings about your aims.

3.3 When you want to lose weight, it is important that you:

- plan how you will exercise every day.
- spend enough time planning what you will eat.
- change your exercises every day.
- put what you plan every day to action.

3.4 You won't break your diet if you:

- eat something forbidden just once.
- keep to the dieting plan you're on.
- listen to your family's advice.
- follow your friends' helpful suggestions.

3.5 The best dieting companion is someone:

- excited about the plan to lose weight.
- who will stay on their diet in any case.
- sticking to a diet plan that is working for them.
- with a lot of imagination and willing to work hard.

3.6 The aim of this text is to give:

- suggestions.
- corrections.
- explanations.
- orders.