

1 You will hear an interview with a food critic about an unusual restaurant. For questions 1-4, choose the correct answer, A, B or C. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

0 Julia chose to review *Dans Le Noir* because

A she got a recommendation from her boss.

B she had heard of its popularity.

C she was intrigued by its concept.

1 Julia was impressed by the

A layout of the dining area.

B meal choices available for customers.

C skill shown by her waiter.

2 At first in the dining room, Julia felt uncomfortable because

A she could hear other people's discussions.

B she had to listen to the radio.

C she was surrounded by strangers.

3 During the meal, Julia

A relied on her senses to eat.

B struggled to use her cutlery.

C used her hands to find her food.

4 According to Julia, the restaurant is a(n)

A challenge to our ideas about dining.

B interesting way to meet new people.

C unique opportunity to try some unusual food.

5 You will hear people talking about the effects of snacking on health. For questions 1-5, match the extracts that you hear with statements A-G. There is **one** statement that you do not need to use. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

Which speaker feels that... ?

- A snacking indicates that something is missing in your diet
- B snacking should be avoided due to a lack of healthy choices
- C snacking on nutritious food is preferable
- D snacking can provide a much needed energy boost
- E snacking between meals can spoil your appetite
- F snacking is better than eating large portions at mealtimes
- G snacking helps improve brain function

0	Speaker 0	A
1	Speaker 1	
2	Speaker 2	
3	Speaker 3	
4	Speaker 4	
5	Speaker 5	

8 You will hear a doctor talking about cholesterol. For questions 1-6, complete the sentences. You may write **one** word only. Write the word exactly as you hear it. There is an example (0). You will hear the recording twice. You now have 30 seconds to look at the questions.

Until recently many people weren't aware of cholesterol or the risks of having too much of this 0) substance in the body. Now, however, we know that it is necessary to 1) _____ low levels of this fat for the proper functioning of our bodies. Cholesterol, 2) _____ from what we eat, is carried through our blood vessels. Problems occur when vessels get blocked by a build-up of cholesterol 3) _____ in our veins which can lead to life threatening conditions. But where can we find cholesterol? Fatty foods are one of the more obvious 4) _____ but many other foods we eat also contain this fat putting our health at risk. We can 5) _____ this, however, by being careful not to consume too much processed food. Studies have 6) _____ that cholesterol levels can be improved by adjusting our diets.