

PRE-LISTENING TASK

- Do you like watching TV shows about cooking?
Why? / Why not?
- Can you cook? What is your speciality?

A Listen to the text. For statements (1-5) choose T if the statement is true according to the text and F if it is false.



Exam Tip

- Read the instructions and the statements.
- Underline the key words in the statements.
- Listen to the recording for the first time for general understanding.
- Decide which statements are true and which are false.
- Listen to the recording for the second time to check if your answers are correct.
- Justify your answers.

	T	F
1. The chef's first job was in the kitchen of a hotel.		
2. The chef's restaurant in Dublin was very successful.		
3. The chef was discovered by a TV producer.		
4. The chef appeared in more than a thousand shows.		
5. The chef doesn't work anymore.		

Listen to the text. For questions (1-5) choose the correct answer (A, B or C).



1. What does Samantha do?
 - A. She organises Health and Fitness conferences.
 - B. She gives people advice on their diet.
 - C. She trains professional athletes.
2. What is true of Samantha?
 - A. She has her own gym.
 - B. She is in charge of a clinic.
 - C. She trains using fitness DVDs.
3. What is one of the reasons people are overweight?
 - A. They don't weigh their food.
 - B. They don't eat their meals when they should.
 - C. They eat too few meals.
4. How does Samantha feel about diet pills?
 - A. She isn't sure they work.
 - B. She is against the idea.
 - C. She approves of them.
5. How does eating at certain intervals each day benefit you?
 - A. It helps satisfy your hunger.
 - B. It helps you exercise more effectively.
 - C. It helps you burn calories.

