

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).



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

