

**Listening Exam**

**5th Grade**

**February**

Listen to the conversation. Read the questions and choose the correct answer.  
Write **the letter** on the space provided.

1. Cooper Jackson is training to walk to...
- a) Mars
- b) the South Pole
- c) the North Pole
2. It's \_\_\_\_\_ kilometers to the pole and back.
- a) 2, 800
- b) 280
- c) 28, 000
3. You have to be very strong because...
- a) You have to walk for hours
- b) you have to carry heavy rocks
- c) you have to take your food and equipment with you
4. In the training, you have to do...
- a) aerobic exercises
- b) strength-training activities
- c) a mixture of aerobic exercises and strength-training activities
5. Cooper trains approximately \_\_\_\_\_ hours per week.
- a) 14
- b) 4
- c) 24
6. He goes cycling on...
- a) Mondays and Tuesdays
- b) Tuesdays and Thursdays

c) Thursdays and Fridays

7. He cycles for about \_\_\_\_\_ hours

a) three

b) thirteen

c) thirty

8. \_\_\_\_\_ is his rest day.

a) Monday

b) Saturday

c) Sunday

9. Cooper goes hiking in the mountains with a heavy backpack usually for...

a) 5 hours

b) 5 days

c) 5 weeks

10. You lose \_\_\_\_\_ in a polar expedition.

a) a lot of time

b) a lot of money

c) a lot of weight

11. Before going on a polar expedition, you have to eat a lot of...

a) fat

b) calories

c) candies

12. Examples of healthy carbohydrates are...

a) nuts and protein bars

b) fish and eggs

c) brown rice and sweet potatoes

13. For snacks, Cooper has...

a) nuts and protein bars

b) fish and eggs

c) brown rice and sweet potatoes

14. Cooper eats a lot of cheesecake because...

a) his mom bakes it for him

b) he needs to eat a lot of calories

c) cake is good for your health

15. Cooper's plan is \_\_\_\_\_ long.

a) 110 days

b) 110 months

c) 110 weeks