

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