

Ex. 02 Listen and complete the summary with a word or short phrase.

Food is important because it gives us energy, helps our (1) to work and grow, and stops us feeling the cold. It can also affect moods and (2) Marga refers to food as a cultural object because it has the same significance as the (3) and (4) of the country where it's eaten.

People tend to (5) in northern Europe because of shorter daylight hours and cooler temperatures. One reason Spain eats later is that it's not in the correct (6) for its geographical position.

Marga believes that food gives us a foundation which we can build our (7) with family and friends around.

Research has shown that families that don't eat together may not (8) as well as other families.

Sharing food from the same dish is seen as a way to show (9) in some cultures. One study showed that business people who didn't share food took (10) longer to agree than business people who did share.

Ex. 012 You will hear five people talking about how to keep your brain young. Listen and complete both tasks.**TASK 1**

For questions 1-5, choose from the list (a-h) each speaker's profession. There are three extra letters which you do not need to use.

- | | |
|--------------------|-------------|
| a a sports coach | |
| b a teacher | |
| c a care assistant | speaker 1 1 |
| d a rugby player | speaker 2 2 |
| e a scientist | speaker 3 3 |
| f a psychologist | speaker 4 4 |
| g a violinist | speaker 5 5 |
| h a singer | |

TASK 2

For questions 6-10, choose from the list (a-h) the main piece of advice that each speaker gives. There are three extra letters which you do not need to use.

- | | |
|----------------------------|--------------|
| a eat well | |
| b protect your head | |
| c look after your emotions | speaker 1 6 |
| d take up meditation | speaker 2 7 |
| e simulate the brain | speaker 3 8 |
| f sleep and rest | speaker 4 9 |
| g do something musical | speaker 5 10 |
| h take physical exercise | |

Ex. 31. You will hear five different people talking about a sport they practice. Which sport does each person do? The first speaker does the sport in 1.

Speaker	Sport	Statement (A-F)
1.		
2.		
3.		
4.		
5.		

Listen again. Choose from the list what each speaker says and complete the table in 2. Use the letters only once. There is one extra letter which you do not need to use.

- A You have to learn theory and practice before you can do this sport.
- B I want to get better at my favourite sport that I can win matches.
- C I couldn't start my favourite sport when I was younger.
- D To do my favourite sport well I should have started earlier.
- E My favourite sport is more tiring than it looks.
- F In the past I took my favourite sport too seriously.

Ex. 16. Listen to the interview. For questions 1–6, type in the answer (A, B, C or D) which fits best according to what you hear.

1. Mike painted the portrait in Emily's home because

- a he wanted to include her things in the portrait.
- b he wanted her to pose as naturally as possible.
- c he believed it would help him understand her personality.
- d he prefers his subjects to choose the background.

2. How did Emily feel at the beginning of the process?

- a unsure how she should pose
- b uncomfortable with so much attention
- c excited to be achieving a dream
- d impatient about the time it would take

3. According to Mike, the main reason why people have their portrait painted is that

- a portraits are more revealing than photos.
- b portraits are more decorative than photos.
- c portraits indicate a person's importance.
- d portraits stay with the family for many years.

4. Why does Mike prefer painting portraits with the sitter in front of him?

- a He can discuss the portrait with the sitter.
- b He can observe the sitter's moods and personality.
- c He can achieve a more exact image.
- d He enjoys the sitter's company.

5. What surprised Emily about the experience?

- a She had to concentrate.
- b She sometimes annoyed the artist.
- c She found it easy to stay still.
- d She was unhappy when it ended.

6. Mike says the personality of the person he paints

- a is revealed in a successful portrait.
- b is mixed with the artist's own in a portrait.
- c is exaggerated in the final result.
- d is interpreted by the portrait's viewers.