

## ORAL COMPREHENSION. LISTENING 1

You will hear *Listening 1* three times. Listen carefully and tick the correct answer. Now look at the questions for this part. You have 45 seconds.

### RECOMMENDATIONS FOR A BETTER CONCENTRATION

- 1. This radio programme is called...**
  - a. "Kids World".
  - b. "Healthy Snacks".
  - c. "The Three Recommendations".
  
- 2. This is a...**
  - a. video.
  - b. podcast.
  - c. TV show.
  
- 3. Mrs. Sellers is...**
  - a. a doctor.
  - b. a teacher.
  - c. the interviewer.
  
- 4. Mrs. Sellers is giving tips on how to...**
  - a. improve concentration.
  - b. sleep better at night.
  - c. have a healthy diet.

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- 5. A revision timetable has to include...**
- a. 5 minutes to rest.
  - b. time to tidy up your room.
  - c. time to study and time to rest.
- 6. When you are studying, it's important to have a \_\_\_\_\_ snack.**
- a. tasty
  - b. healthy
  - c. delicious
- 7. Mrs. Sellers says that you need to \_\_\_\_\_ the night before an exam or an oral presentation.**
- a. go to bed late
  - b. go to sleep early
  - c. read till late at night