EXERCISE A

Listening Comprehension Questions (TOEIC Style)

Part 1: Direct Comprehension

1. What is Tamara asking Kelly for?
a) Advice on her career
b) Advice on her diet
c) A new recipe
d) Help with homework

2. Why does Kelly tell Tamara to stop eating cereal?
a) It is too expensive
b) It has too much sugar
c) It takes too long to prepare
d) It is high in protein

3. According to Kelly, what is the most important rule about food?
a) Eat more dairy products
b) Avoid food you cannot pronounce
c) Cook all your meals at home
d) Eat only vegetables and fruits

4. Which of the following foods does Kelly recommend for breakfast?
a) Cookies and milk
b) Pancakes with syrup
c) Yogurt with fruit
d) Fried eggs and bacon

5. What is Kelly's general suggestion for the rest of the day?
a) Focus on eating fresh foods
b) Avoid drinking water
c) Skip lunch and dinner
d) Eat cereal for dinner

Part 2: Inference Questions

6. What can we infer about Tamara's current diet?
a) She eats many fresh vegetables
b) She consumes a lot of processed foods
c) She prepares most of her food at home
d) She already follows Kelly's advice
How do you know: _____

7. What does Kelly mean when she says, "If you can't pronounce it, don't eat it"?
a) Complicated names usually mean the food is really expensive
b) Difficult words suggest the food has artificial ingredients
c) People should only eat food from their own culture
d) Tamara should learn more food vocabulary
How do you know: _____

8. Why does Tamara feel relieved when Kelly says she doesn't have to give up everything at once?
a) She can't quit cookies and cereal immediately.
b) Because she wants to try a vegetarian diet instead.
c) Because she is allergic to some fresh foods
d) Because she was afraid she had to fast
How do you know: _____

LIVEWORKSHEETS

9. What can be inferred about Kelly's attitude toward healthy eating?
a) She values balance over strict dieting.
b) She never eats any processed food
c) She thinks diets are unnecessary for being healthy.
d) She wants Tamara to become a nutritionist too
How do you know: _____

10. Why does Tamara say, "I'm going to take your advice...right after I finish this cookie"?
a) She is rejecting Kelly's advice and prefers to eat cookies.
b) She is joking while accepting the advice
c) She forgot what Kelly told her
d) She wants Kelly to give her another cookie
How do you know: _____

EXERCISE B

Part 1: Direct Comprehension (5 questions)

11. What does the first speaker offer to do?
a) Give advice
b) Provide help
c) Lend some money
d) Make a phone call

12. How heavy does the second speaker think they are lifting?
a) 50 pounds
b) 80 pounds
c) 100 pounds
d) 120 pounds

13. How much weight is actually on the bar?
a) 60 pounds
b) 80 pounds
c) 100 pounds
d) 110 pounds

14. What mistake does the second speaker realize they made?
a) They forgot their gym clothes
b) They added the wrong number of weights
c) They lifted too much weight
d) They didn't ask for help earlier

15. What does the first speaker finally agree to do?
a) Remove weights from the bar
b) Put extra weights on the bar
c) Count the total weight again
d) Write down the numbers

Part 2: Inference Questions (5 questions)

16. What can be inferred about the second speaker's goal?
a) They are competing in a tournament
b) They want to challenge themselves by lifting heavier weight
c) They want to avoid exercising excessively
d) They usually lift less than 50 pounds and they thing it is enough

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17. Why does the first speaker notice the mistake?
a) They overheard someone else
b) They are a professional trainer
c) They focus on the weights
d) They calculated it on paper

18. What does the second speaker's response "Oh! I must have made a mistake" suggest?
a) They weren't careful when setting up the bar
b) They do not understand how to lift weights
c) They want to stop exercising
d) They are angry with the first speaker

19. What does the first speaker's willingness to add weights show?
a) They don't think lifting is important
b) They are supportive and helpful
c) They want to leave quickly
d) They don't trust the second speaker

20. Why does the second speaker say "Yes, please, if you wouldn't mind"?
a) To ask for a different exercise
b) To reject the offer and work alone
c) To complain about the mistake
d) To politely accept the offer of help

LIVEWORKSHEETS

After a Heart Attack

1. Absolutely no smoking!
2. Drink only small quantities of alcohol and limit it to wine.
3. Eat sensibly. Try to eat nutritious food which is neither fatty nor salty. Stay away from fried food. Concentrate on eating fresh fruit and vegetables, and whole-grain bread. Eat just a small amount of either grilled fish or chicken. Weigh yourself weekly. Remember: being overweight may have caused your condition.
4. Try to keep in shape. Exercise three or four times a week. Keeping fit will strengthen your heart. This will help prevent another attack.

Part 1: Direct Comprehension (5 questions)

21. According to the text, what must the person absolutely avoid?
a) Fried food
b) Smoking
c) Salt
d) Exercise

22. How often should the person weigh themselves?
a) Daily
b) Twice a week
c) Weekly
d) Monthly

23. Which type of alcohol is permitted in small quantities?
a) Beer
b) Wine
c) Whiskey
d) None

24. Which foods are specifically recommended?
a) Fried chicken and butter
b) Fresh fruit, vegetables, and whole-grain bread
c) Ice cream and cake
d) Processed snacks and chips

25. How often should the person exercise to strengthen the heart?
a) Once a week
b) Two times a week
c) Three or four times a week
d) Every day

Part 2: Inference Questions (5 questions)

26. What can be inferred about the person's past lifestyle?
a) They may have smoked, drunk alcohol, or eaten unhealthily
b) They were already very healthy
c) They avoided fatty foods regularly
d) They exercised daily before the attack

LIVEWORKSHEETS

27. Why is being overweight mentioned as a problem?
a) Because it can increase the risk of another heart attack
b) Because it affects only appearance
c) Because it prevents people from exercising
d) Because it makes people eat less

28. Why does the text recommend grilled fish or chicken instead of fried food?
a) Grilled food is tastier
b) Fried food contains too much fat
c) Grilled food is faster to prepare
d) Fried food is more expensive

29. What is the main purpose of exercising three or four times a week?
a) To lose weight quickly
b) To become stronger in general
c) To strengthen the heart and prevent future attacks
d) To burn calories from fatty foods

30. What overall message does the text give to someone recovering from a heart attack?
a) Avoid all kinds of food and alcohol
b) Make healthy lifestyle changes to protect the heart
c) Focus only on medical treatment, not diet
d) Do as little physical activity as possible

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