

Listening

1	false
2	true
3	true
4	false
5	true
6	raw
7	vegetarian
8	sour
9	flavour (s) / taste (s)
10	coffee

Transcript:

Task 1.

Maisie: Hi George! Mind if I come into your room? I'm bored. George: Sure, Maisie. Come on in. Maisie: Thanks. Wow! You've got your photo collection out! Are these all the ones you've taken? George: Well, I'm sorting them out, but they're not all my work. I've got loads of old family photos here. I think Mum took them. Look, there's me when I was 18 months old! Maisie: Oh, yes – you're waving. And Dad's pointing to something. You were very good-looking then ... George: Hey! What do you mean – were? OK, then – here's one of you when you were two. I always laugh when I see it – look, you're making a silly face! Maisie: Well, that's probably because you're hitting me! They're great, though. And what about these over here? Are they photos you've taken more recently? George: Some of them, although this one's older. Do you remember at primary school we let lots of balloons fly off into the air on the last day of the school year? This is a photo of that day – look, there's me. Maisie: Was it just before the summer holidays? Mum's told me about it, but I think I was off sick that day.

Task 2.

I'm sure you know that it's really important to eat healthily if you want to stay fit and well. But there are so many people telling us what to eat or not to eat. It's sometimes really hard to know what to put on your plate.

Most people agree, though, that plenty of fresh fruit is good for your health. Vegetables are also good, especially if they are raw, because then they keep all their vitamins. You lose some of those if the vegetables are cooked.

Then you need to have some protein, like eggs, fish or meat. Of course, not everyone likes eating those things. So for a vegetarian, it's important to eat foods with enough

iron in them. So you should eat things like beans, if you don't have meat or fish with your meals.

Of course, it can be hard to eat foods that you don't like the taste of, even though they're really good for you. For example, potatoes have vitamin C in them, but not everyone likes those. And some fruit like lemons contain a lot, too. But they're very sour, so they're difficult to eat.

But then some people don't notice if things aren't so good to eat. Did you know that the way we experience the flavour of the same food can be very different for each person? It all depends on how you sense different types of food, like sweet or bitter things. So what is delicious to one person is quite disgusting to another!

Finally, the main thing about eating healthily is that we don't have to avoid all the foods that are bad for us – like chips and chocolate – but we should just have them sometimes, not every day. The thing I love is coffee and I have to be careful not to drink too much, because I know it's not good for me! So ... let's look now at ...

Reading

1	D
2	B
3	C
4	C
5	A
6	B
7	E
8	C
9	G
10	F

Use of English

1	STRONG ENOUGH TO
2	GOING
3	ANYONE ANYBODY
4	COULD SWIM BETTER
5	SEEN DOLHINS SINCE
6	as
7	although
8	latter
9	widely
10	deal
11	with
12	both
13	play