

PART 1. LISTENING

Answer sheet 1. Put A-H

Speaker 1	F
Speaker 2	G
Speaker 3	A
Speaker 4	C
Speaker 5	D

Answer sheet 2. Put A-H

Speaker 1	C
Speaker 2	H
Speaker 3	E
Speaker 4	B
Speaker 5	G

Script

Speaker 1

By the time I get home after a hard day, and with the prospect of an evening of preparation and marking ahead of me, the last thing I want to do is spend a lot of time in the kitchen. I live on my own, so dinner isn't a time to talk and relax, unless I've got friends round. I just tend to grab a sandwich and eat it while I'm watching the news or working. If I want good food, there are some pretty good restaurants around here.

Speaker 2

Even when I'm abroad, I'd rather go somewhere that serves the kind of food I'm used to - steak and chips, and things like that. Sometimes this gets to be a bit of a problem if I'm transporting stuff to somewhere off the beaten track. If I don't

know the place I'm going to, I'll generally take food from home to keep me going for a few days, and eat in the cab rather than eat out.

Speaker 3

When I was training, I lived at home and my mum did all the cooking unless she was away from home. She really enjoys it, so she didn't mind. Now I realise I should have paid more attention to what she was doing, but she's offered to lend me some recipe books and give me some tips, so that will really help. But just now I'm rushed off my feet. I'm working in the accident and emergency department and we have to do long hours and night shifts every other week. If I wasn't so busy, I'd certainly like to cook more. Hopefully, things'll be less frantic when I get moved to the children's ward at the end of the year.

Speaker 4

I went off to France for a year after school and really got hooked on good food and cooking during that time. Unless I've got lectures first thing, I generally go down to the market to get the best-quality stuff. None of us has got a lot of money to spare, but you can get real bargains at some of the stalls. Then in the evening I cook for my flat mates. They're pretty appreciative, and if they enjoy what I've cooked - well, that's what it's all about.

Speaker 5

I'm at home most of the time and I don't have a set pattern of work. If the writing's going well, I might work through from eight in the morning to three in the afternoon without a break - unless the sun's shining and then I might go out for a walk. This means that I tend not to eat regularly or I forget to buy anything in the shops. I'll often go out and get a take-away or something late in the day. Not very nutritious, I realise, but it's difficult if you've got deadlines to meet.

Answer sheet 3. Put a, b or c

1	2	3	4	5	6	7	8
b	a	b	c	a	c	a	b

Script

Eat your way to better health

Presenter: Radio City ... It's the Big Breakfast Show ... with Mike Martin!

Mike: Good morning, America! I'm Mike Martin, and what a lovely morning it is here today with the sun shining and ... doesn't it just feel so good to be alive? Don't you feel great? Well, if you don't, then listen up, because today's topic is how to live a better and healthier life. Joining us here in the studio to start things off we have expert Sonia Tarrington, from the University of California's Nutrition Research Centre. Hi, Sonia, welcome to the programme.

Sonia: Hi, Mike. Glad to be here.

Mike: Sonia, your job title is Nutritionist. Now, what on earth do you do?

Sonia: Well, a nutritionist is basically a food scientist... that means I examine the effect food has on our bodies.

Mike: Hm. So you mean you find out what is in, say, an apple, that makes it a healthy food to eat?

Sonia: More or less, Mike. You see, unhealthy eating causes all kinds of health problems such as obesity and even heart disease. It's an area the government is very interested in now, as it has to spend millions of dollars every year fighting these problems. That's why programmes like the University of California's Nutrition Research Centre were set up. We hope to show people how to eat themselves to better health.

Mike: Eat yourself to better health? That sounds too good to be true. Shouldn't we be dieting or something?

Sonia: Not necessarily. You really don't have to go on a diet to eat healthily. You can eat just as much as before, but by choosing the right combination of foods then you'll become healthier.

Mike: Great! Can you give poor slobbs like me any details here, Sonia?

Sonia: Sure. The best thing you can probably do is add one extra vegetable to your main meal... oh, and always cook vegetables by stir-frying. It's quick and easy, plus they keep their goodness.

Mike: Great advice. And I guess people like me who tend to snack on chocolate and cakes should swap to, say, fruit and health bars instead, right?

Sonia: That's right. There's really no trick to it. it's just common sense.

Mike: So why do people like you get such huge salaries? Only joking, Sonia. Seriously, though, the message is - keep away from fries and burgers?

Sonia: Yes. And red meat. White meat such as chicken or pork is far healthier.

Mike: And my mom always said you should grill meat, too. is that right?

Sonia: Yes. Grilling removes more fat. You see ...

Mike: And what about fish? My mom always made us eat fish on Fridays. Was she right? I hated fish!

Sonia: Your mom was right again, Mike. At least once or twice a week you should eat fish. It's full of goodness, and very easy to digest.

Mike: OK then, Sonia. So, are you telling us that lots of fresh fruit, veg, and healthy things like that will make us live longer?

Sonia: The statistics suggest yes. You'll live a longer and healthier life, in fact, some research shows that eating more fruit and vegetables can reduce your risk of cancer by as much as 20%.

Mike: Amazing! Well, we'll be back with Sonia ... right after the ads.

PART 2. READING

Answer sheet 4. Put a, b, c or d

1	2	3	4	5	6	7
c	c	d	a	b	d	b

Answer sheet 5. Put T (True) or F (False)

8	9	10	11	12	13	14	15
F	T	T	F	F	T	F	T

Answer sheet 6. Put two words

buffalo	bathyscaphe
---------	-------------

PART 3. USE OF ENGLISH

Answer sheet 7. Put the correct verbs

0	<i>remember</i>	8	don't disturb
1	didn't take note	9	to retrace
2	know	10	check
3	must find	11	can't be looking
4	wearing	12	located
5	has been watching	13	noticed
6	need	14	must have taken
7	was		

Answer sheet 8. Put the word with the correct preposition or √

0	<i>confide in</i>	19	√
---	-------------------	----	---

15	√	20	√
16	brought up	21	investigations into
17	√	22	communicate with
18	late for	23	√

Answer sheet 9. Write the sentences

24. Seeing my parents as college students was a revelation.
25. Though serious and staid today, they were once teenagers.
26. I took out the best picture showing them in comical costumes.
27. They burst out laughing on catching sight of the funny old photograph. / On catching sight of the funny old photograph they burst out laughing.

Answer sheet 10. Put the words

28.	spine	35.	brain
29.	palm	36.	ribs
30.	skin	37.	heart
31.	eyelashes	38.	palm
32.	bone	39.	eyelid
33.	eyelid	40.	spine
34.	lungs	41.	bone