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| **PART 1**  | **Listening (10 questions)** |

**You will hear a doctor talking to a group of students about staying healthy. Listen and decide whether the statements are True (T) or False (F). (5 questions)**

| **Answers** | **True** | **False** |
| --- | --- | --- |
| 1. Doctor Brown gives the students some advice on how to sleep well at night. | **◯** | **◯** |
| 2. It’s difficult for many teenagers to go to bed before 11 o’clock. | **◯** | **◯** |
| 3. According to one study, 50 percent of teenagers get enough sleep. | **◯** | **◯** |
| 4. It’s a good idea to do some exercise before you go to bed. | **◯** | **◯** |
| 5. Reading a book before bed helps you to sleep better. | **◯** | **◯** |

**You will hear Julia talking to her mum. Listen and choose the correct option for each of the following questions. (5 questions)**

**Questions:**

**6. What time does Jack finish his study?**

A. 3.30 p.m. B. 4 p.m. C. 5.30 p.m. D. 7 p.m.

**7. Mum asks Julia to cook \_\_\_\_\_\_\_\_\_\_\_\_\_\_**.

A. the rice B. the chicken C. tuna salad D. cereal

**8. Julia needs to buy \_\_\_\_\_\_\_\_\_\_\_\_\_\_.**

A. two bottles of milk B. a box of cereal C. a carton of eggs D. a bunch of bananas

**9. How much yogurt do they need?**

A. some B. a bottle C. two cartons D. four pots

**10. Where is the bread?**

A. in the bottom cupboard B. next to the sink

C. on top of the fridge D. in the top cupboard

**---THE END---**