

TASK 1: SOME HIGH-QUALITY RESTAURANTS IN THE UNITED KINGDOM

TEXT	1	2	3	4	5	6	7	8
HEADING	J	F	H	G	I	E	K	B

TASK 2: IS IT POSSIBLE TO THINK WITHOUT USING A LANGUAGE?

SENTENCE	9	10	11	12	13	14	15	16
ANSWER	F	F	T	F	F	F	F	T

TASK 3: EDUCATIONAL BENEFITS OF ZOOS

17	DID
18	SHOULD
19	AROUND
20	OPEN

21	AFTER
22	EXPLAIN
23	THESE
24	PREFERS
25	WHICH

TASK 1: WORLD NEWS

EXTRACT	1	2	3	4	5	6	7
LETTER	F	E	H	A	J	D	B

TASK 2: PRESIDENTS' DAY

QUESTION	8	9	10	11	12	13	14	15	16
LETTER	F	F	T	F	T	F	F	F	T

TASK 3: MINDFULNESS

17	HEALTH
18	WORLD
19	WAYS
20	USUALLY
21	ATTENTION
22	SECONDS
23	BETTER
24	FEEL
25	RIDE

TAPESCRIPT

TASK 1: YOUTUBE EXTRACTS

EXTRACT 0: ELECTION SCANDAL [C]

The director of national intelligence and the Head of the FBI say Iran and Russia have obtained voter information and that Iran is using it to send threatening emails to democratic voters ahead of the election. We have confirmed that some voter registration information has been obtained by Iran and separately by Russia.

EXTRACT 1: EXTREME RAIN CAUSES MASSIVE EVACUATION [F]

Typhoon Goni has hit the Philippines with strong rain and winds of more than two hundred and twenty-five kilometres an hour. Southern provinces of the main island of Luzon are currently taking the brunt of the storm and a million people have been moved to evacuation centres. Let's concern about seventy thousand people living in the small town of Ira, where the storm first reached land.

EXTRACT 2: EXPLOSION AT CHRISTMAS [E]

We begin this Christmas night with scenes of utter destruction after an explosion this morning in downtown Nashville. Investigators believe it was an intentional act. Tonight they're asking for the public's help in identifying who was behind it in order to bring them to justice, adding there appears to be no additional threat to America's beloved music city.

EXTRACT 3: NATURAL DISASTER KILLS 19 PEOPLE [H]

A major earthquake has struck off the coast of Turkey, north of the Greek island of Samos. At least 19 people are dead and more than 700 hundred were injured when buildings collapsed in the Turkish city of Izmir and the quake was felt from Athens to Istanbul, from where Orla Guerin reports. An amateur video captured the awful power of the quake.

EXTRACT 4: A HEALTH PROBLEM DIDN'T STOP HIM [A]

Prince William is reported to have tested positive for Coronavirus in April. *The Sun* said the Duke of Cambridge continued with telephone and video engagements because he was determined it should be business as usual. It added William was treated by palace doctors and followed government guidelines.

EXTRACT 5: THREE VICTIMS IN TERRORIST ATTACK [J]

Three people have been killed in a knife attack in the French city of Nice. It happened near a church and the mayor of Nice has said that everything suggests it was a terrorist attack. The suspects, who witnesses say tried to behead one of his victims was shot by a police and is now being treated in hospital. President Macron is on his way to the city.

EXTRACT 6: EUROPE FIGHTS PANDEMIC [D]

Covid-19 continues its fast spread throughout Europe. Many countries are hoping to slow transmission by imposing new restrictions. France, the Czech Republic and Italy have seen a record number of daily cases. Poland's president Andrzej Duda has tested positive for the virus and is in self-isolation.

EXTRACT 7: DEMOCRACY WINS [B]

Chile has voted by a large majority in a referendum to rewrite its dictatorship era Constitution. The president said the new charter should reflect the democratic values of the country and protect the rights and aspirations of all Chileans.

Adapted from © www.youtube.com

TASK 2: PRESIDENTS' DAY

The third Monday of February is known as Presidents' Day in the United States. For nearly 100 years, America honoured its first president, George Washington, on February 22. That was his birthday, but **the date was not a national holiday until 1968.**

That year, the U.S. Congress passed a measure known as the Uniform Monday Holiday Act. The measure meant that some public holidays would always fall on a Monday. Today, the country **honours its first president on the third Monday in February—and not on Washington's real birthday.**

And the holiday is now commonly called Presidents' Day. Many say it also honours Abraham Lincoln's birthday. The nation's 16th president was born on February 12. The federal government, however, still recognizes the holiday as "Washington's Birthday."

The Uniform Monday Holiday Act gives workers a three-day weekend. **It also gives shops and marketers a chance to have special Presidents' Day sales.**

Donald J. Trump made history when he took the oath of office **as the 45th president of the United States.** At 70 years old, he became the oldest elected president. Before Trump, Ronald Reagan was the oldest person to take office. He was 69 years old when he became president in 1981.

As the first billionaire president, Trump also replaced John F. Kennedy, the 35th president, as the richest man in office. **Kennedy still holds the record for the youngest person to be elected president. He was 43 when he took office.** Kennedy is also the youngest president to die in office. **He was assassinated in 1963 in Dallas, Texas.** He was 46 years old.

Another presidential assassination actually put the youngest person in the office of the president. **In 1901, Theodore Roosevelt, then the vice president, became president at the age of 42.** He took office after William McKinley, the 25th president, was shot and killed in Buffalo, New York.

The first president to die in office, though, was William Henry Harrison. **The country's ninth president only served 32 days,** the shortest time of any president.

Another Roosevelt holds the record for the longest time in office. **Franklin Delano Roosevelt, the 32nd president, held office for 4,422 days.**

Adapted from <https://www.voanews.com>

TASK 3: MINDFULNESS

Hello, everyone. Welcome to the Cosmic Kid's Zen Den, our place for **helping** our minds be healthy, strong and happy. Have you noticed? Lots of people are now doing things to look after their mental **health**, that means, the health of their minds. One of them is mindfulness, which is something lots of kids and grown-ups are finding really helpful all over the **world**. Here in the Zen Den we often try out mindfulness techniques. I'm going to talk about them in a new way today, so you can try it if you want to.

Mindfulness is brilliant, because it can help you in so many **ways**: if you find yourself getting nervous if the teacher asks you a question, mindfulness can help; or if you worry about taking tests, mindfulness can help; if you're worried about getting something wrong or not knowing how to do something, or you sometimes find yourself getting frustrated, the answer is **usually** mindfulness. So what is it? What is mindfulness? And how do we do it?

Have you heard of meditation? Well, mindfulness and meditation are pretty much the same thing. We take some time, just a few minutes to start off with and we give our **attention** to one thing, like our breathing. We just notice our breath coming in and going out.

It's amazing, though. This sounds easy, but it's not, because normally our mind will start having thoughts, which take us away from the thing we were focusing on, just like a dog, who goes from thinking: "ball", then "bone", then "squirrel"; all in the space of five **seconds**. One minute we're focused on our breathing; the next we're thinking about: "What's for dinner?" Then about something someone said at school today; then about how much we're looking forward to the weekend; then about our favourite TV show; then about... Ow, Just so many thoughts. And it's just not very relaxing.

When we practice mindfulness, we're training our mind to be **better** at focusing and choosing which thoughts we want to act on, or let pass. We want that dog to slow down and to settle on one thing for a bit longer, and the great thing is this will make us **feel** more calm and relaxed, which is lovely.

When I practise, I can almost see my thoughts passing, and I can choose which ones to act on and which to leave alone and let go. It's like I'm standing on the side of a road watching buses going past. These are my thoughts... and I can decide which ones I want to **ride** and which aren't going my way. We only get to know our mind, though, when we spend time with it and that is what our mindfulness practice is.

Adapted from © www.youtube.com